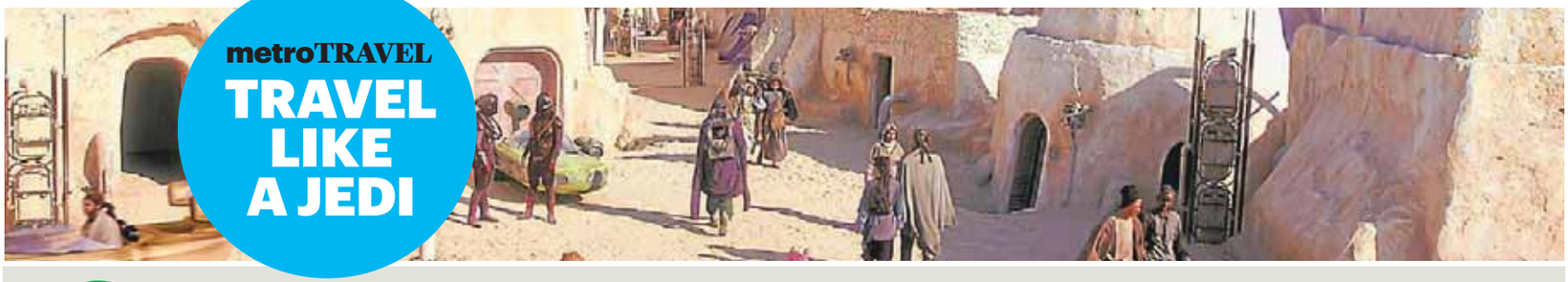


metroTRAVEL

TRAVEL LIKE A JEDI

Ottawa metro

A SOUND DECISION

Minister seeks input before ruling on contentious memorial metroNEWS

Your essential daily news | WEEKEND, NOVEMBER 13-15, 2015 High 7°C/Low -5°C Rain

OTHER HANGOUTS

HOW TO DRINK LIKE A...

WORKING STIFF NDP'ER

AN OUT OF WORK CONSERVATIVE

METRO

THE NEW OTTAWA

The powers that beer

Liberals have also won the mandate to rule D'Arcy McGee's

metroNEWS

Cabinet told to play nice

POLITICS

Trudeau asks ministers to engage media

Working well with others — including people in the media — is now officially part of the job description for Canadian cabinet ministers.

The "mandate letters" given to every minister are setting a new bar for co-operation in Justin Trudeau's government, according to one letter obtained in advance of the expected public release.

In fact, if the sheer word volume in these letters is any indication, co-operation seems to be the top item on the to-do list of Trudeau's team.

Ministers are being warned that they will be judged by how well they treat a whole raft of people — everyone from business to labour, stakeholders and citizens, and yes, the opposition and the media too.

"Members of the Parliamentary Press Gallery, indeed all journalists in Canada and abroad, are professionals who, by asking necessary questions, contribute in an important way to the democratic process. Your professionalism and engagement with them is essential," the letter states.

This is a slightly more formal way of saying what Trudeau told a crowd booing reporters during the election campaign. "Hey! We have respect for journalists in this country," Trudeau chided. "They ask tough questions and they're supposed to. OK?" TORSTAR NEWS SERVICE

Earn travel rewards up to 4x faster.

Get 4 points for every $1 spent at grocery stores, gas stations, on dining and entertainment with the **Scotiabank®* Gold American Express® Card.**[1] Plus, no blackouts or restrictions.

Limited time offer of no annual fee for the first year.[2]
And earn 20,000 bonus points, good for $200 in travel.[3]

www.scotiabank.com/4xfaster

You're richer than you think.®* Scotiabank®*

®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. [1] You will earn 4 points per $1 on the first $50,000 in net purchases made annually at American Express merchants classified in the American Express network as gas stations, grocery stores, restaurants and bars, and entertainment (includes movie theatres, theatres, ticket agencies, and bands, orchestras and other entertainers). Some merchants may sell these types of products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You earn 1 point per $1 on purchases made after you reach the $50,000 annual maximum and on all other purchases. Scotia Rewards points must be redeemed within 60 days of account closure or they will be deleted permanently. If your account is not in good standing, points are not eligible for redemption. Please refer to the Scotia Rewards®* Program Terms and Conditions for full details, available at **www.scotiabank.com/4xfaster**. [2] We will waive the initial annual fee for the primary card and additional cards for the first year. The regular annual fee is $99 for the primary card and $30 for each additional card. Offer applies to new accounts opened by **February 29, 2016**. Any additional cards must be issued by **February 29, 2016**, to qualify for the offer. The annual interest rates for the Scotiabank Gold American Express Card are: 19.99% for purchases; and 22.99% for cash advances, balance transfers and Scotia Credit Card Cheques. Rates and fees are as of September 1, 2015 and are subject to change. [3] Bonus points offer applies to new accounts opened by **February 29, 2016**. To qualify for the Welcome Bonus you must have at least $500 in net purchases posted to your account in the first 3 months from the account open date. Bonus points will be awarded within 2 months after this 3 month period, provided your account is open and in good standing.

metro NEWS

Your essential daily news

New York's 'Map the Homeless' app blurs ethical lines. **Business**

OC TRANSPO

First, last trips face axe

Emma Jackson
Metro | Ottawa

Some 237 customers across 63 bus routes may have to find a new way to work if a plan to cut first and last trips is approved.

OC Transpo tabled its 2016 budget at transit commission Thursday, and with an $11.5-million deficit, managers got creative to find savings, said general manager John Manconi.

The selected routes all have 10 or fewer riders on their first or last trip, and several have none at all. The cuts would save about $500,000. To reduce customer impacts, citizen commissioner Blair Crew suggested a compromise time between the first and second trips, while Egli supported cutting midday trips with similarly low ridership.

2.5%

The budget proposes a 2.5 per cent fare hike, but not how it'll be applied.

The budget includes a 2.5 per cent fare increase, but missing was details of how that increase will be applied.

The increase is an average, Manconi confirmed, and could be higher or lower for different types of fares. But those details won't be available until early 2016, because OC Transpo is doing a comprehensive fare review.

The commission will debate the budget Dec. 3 before council votes Dec. 9.

Ottawa city council tables draft operating budget

POLITICS

Fifty full-time jobs to be cut as city looks to trim $17.4M

Lucy Scholey
Metro | Ottawa

Ottawa taxpayers will see a predictable two per cent increase in property bills next year — but the city is left to cut jobs and find $17.4 million in savings.

Council tabled the 2016 draft operating budget on Thursday. The tax-supported portion of the city budget (which does not include water and sewer rates) has increased by $80.5 million over last year to $2.834 million.

If you're an average urban homeowner — with a property assessed at $375,300 — your property taxes will increase by $72. That includes police, transit and city-wide services.

Water and sewer rates are expected to increase by another six per cent — or $49 more for that average urban homeowner.

In his opening address, Ottawa Mayor Jim Watson called the draft budget "good news for local families, residents and businesses … all of whom expect us to live within our means."

However, it comes at a cost. The city is saddled with finding $17.4 million in "operational efficiencies" and cutting 50 full-time equivalent positions.

City of Ottawa deputy treasurer Isabelle Jasmin, Mayor Jim Watson (centre) and city manager Kent Kirkpatrick discuss the 2016 draft budget on Thursday. LUCY SCHOLEY/METRO

The cost-cutting plan includes:

- Reducing travel and conference costs
- Cutting advertising dollars
- Reducing the use of third-party consultants
- Converting streetlights to more efficient LED bulbs
- Reducing overtime
- Selling surplus land

Despite all these trimmings, Watson stressed that Ottawa residents will not see any impacts on frontline services.

"We will become … more efficient and more lean on the administrative side of the organization," he said.

To help offset next year's shortfalls, the city will need to dip into the $23 million fleet and equipment reserve for one-time bridge funding. The city is expecting more tax revenues from new development ($18.4 million) and user fees ($7.2 million, for a $3 million increase).

The line-by-line details have yet to be hashed out — stay tuned for the upcoming committee meetings — before council votes on the final product Dec. 9.

BY THE NUMBERS

Here is a rundown of some key draft budget items:

- **$326 million** for infrastructure.
- **$920,000** to wards for traffic calming actions.
- **$2 million** for upgrades to recreation facilities.
- **$280,000** for the Blackburn Arena expansion.
- Continued **$50,000** increase to low-income families who want to enroll in rec programs.
- More than **$1.2 million** to partner with other funders for Canada150 projects.
- **$200,000** for the 40-kilometre winter cycling network.
- **$1.1 million** for Cyrville Road cycling improvements.
- **$4.8 million** down payment on the Fifth and Clegg Pedestrian Crossing linking Glebe to Old Ottawa East.
- **$31 million** investment in cycling over the next four years, up from $25 million.
- **$63 million** in winter maintenance (up from $4 million).
- **1.5 per cent** increase in funding to health resource centres.

Where food, drink meet politics

Ever wondered where politicians and parliamentary staff hang out after a long day of important decision-making and problem solving? Some of Ottawa's many pubs and restaurants are frequented by the likes of federal party leaders and their caucuses — and you may be surprised at how much information is shared over a glass of Chardonnay.

1 He knows just how you like your martini — Xavier McNeill mixes a martini behind the bar at Zoe's Lounge inside the Fairmont Chateau Laurier.

2 An elegant pour for those on the floor — Bartender Elizabeth Gould pours a glass of Sancerre Daniel Chotard inside Luxe Bistro in the ByWard Market.

3 Getting to the pint — From left: Ian McKierahan, Paul Sanderson and Rob MacDonald wind down with some pints at Sir John A Pub on Elgin Street.

POLITICAL BUZZ

Jessica Murphy

One of the first signs of a power change in political Ottawa is the sight of the Liberals creeping back into D'Arcy McGee's.

The venerable Sparks Street bar had been home to a political tussle when Stephen Harper's Conservatives came to power in 2006 and, early on, ousted the Liberals from the favourite watering hole, says photographer Mitch Raphael, who has covered the Ottawa social scene for years.

But nine years later, with Justin Trudeau's Liberals back in power, D'Arcy McGee's is looking more and more like a resurgent Grit hangout in the post-federal election power shift.

Ottawa's 5-to-7 after-work hours are an "incredible time for information sharing," say Greg MacEachern, vice-president of government relations at Environics.

"Despite all our mobile devices, a lot of information in Ottawa is transmitted over a glass of wine and an hors d'oeuvre," he said.

Photographer Raphael says there's a definite drinking culture on the Hill.

"There's a reason they all have (drivers)," he said.

There are a few factors that go into making a spot a regular hangout for political power players and their hangers on — chief among them proximity to Parliament Hill.

"The top spots are — you can almost draw a straight line — Metropolitain, D'Arcy's, Hy's and Brixton's," MacEachern said.

With the historic Hy's Steakhouse closing shop next year, the up-and-coming Bier Markt is still central in the city's political topography.

There are other issues that influence where politicos hang out. Beyond location, service counts. Having a favourite drink appear magically on the bar at a given establishment is an experience that has won over the hearts and the wallets of many a political staffer.

Then there's partisanship — a Liberal pub, an NDP bar, a Tory brasserie — with political tribes staking claims to specific spots even though the businesses themselves welcome all customers.

Summa Strategies consultant Angela Christiano also expects an uptick in official receptions in early 2016 as stakeholder groups try to get their issues on the Liberal government's radar and build relationships with new MPs and their staff in a social setting.

"It gives that casual opportunity to have an off-the-cuff conversation," she said.

With upwards of three events a night being hosted on and around the Hill at peak times in the political calendar, it makes for a busy reception circuit.

"We call it speed dating for MPs," said MacEachern.

The top spots are ... Metropolitain, D'Arcy's, Hy's and Brixton's.
Greg MacEachern

THE LUXE

Another bar to look out for
The night before he was sworn in as prime minister, Trudeau, his top aides and the entire soon-to-be Liberal cabinet gathered at the Luxe bistro in the ByWard Market for a private party.

What's on the menu?

Here are some of the top beverage picks at popular political hangouts near Parliament Hill:

1 Bier Markt
The Sparks Street location opened a year ago and will likely take the place of Hy's Steakhouse come February.
Top Drinks:
• Crush Midnight Cabernet ($7.00); 'I Surrender' cocktail ($8.50).

2 D'Arcy McGee's
Liberals packed this spot to the rafters on Nov. 4 to celebrate the swearing-in ceremony.
Top Drinks:
• Mill Street Organic Lager, bottle ($5.65); 12-year Glenfiddich ($6.99).

3 Brixton's Pub
This long-time New Democrat hangout used to be packed on Wednesday nights after caucus.
Top Drinks:
• Beau's Lug Tread Organic, draught ($7.30); Yellow Label Wolf Blass Cabernet Sauvignon ($7.96)

4 Chateau Laurier & Zoe's
The venerable hotel is a regular spot for official receptions and its quiet cocktail lounge is an occasional Liberal haunt.
Top Drinks:
• Mill Street Tank House Ale, draught ($11.00); Trius Cabernet Sauvignon ($12.00)

5 Sir John A. Pub
It's off the beaten track, but this Elgin Street eatery is a go-to spot for Conservative staffers.
Top Drinks:
• Sandbanks Estate Baco Noir ($9.00); Mill Street Organic Lager, draught ($6.64)

Better business bundles on our better network.

Fibe Business Bundles include more of the services and features that your business needs, for one totally affordable price. Plus, they are powered by our better network that is continually improving to offer you more speed, more service and more security, so you can do more and make more. Get the country's #1 Internet and phone service provider[1] working for your business today.

FROM $89.28/MO.
On a 36-month term

- Business Fibe Internet[2]
- Unlimited Internet usage and Bell Hub Wi-Fi modem
- Online security protection[3]
- Fully loaded Business Phone line[4]
- North American long distance talk time[5]

Call 1-866-655-4278 or visit bell.ca/businessbundles.

Bell your business just got better

Offer ends December 6, 2015. Available to new customers in Ontario where access and technology permit and where Business phone service is not CRTC regulated. Subject to change without notice and cannot be combined with any other offer. $200 Basic Bundle installation fee applies. Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Based on total number of subscribers. (2) Subject to a 3-yr. term. Early cancellation charges apply. Available with Internet download speeds of up to 10 Mbps and upload speeds of up to 1 Mbps. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (3) Includes 3 licenses of Internet protect. Subject to technical requirements; see bell.ca/internetprotect. (4) Includes: 1. Call Display, 2. Call Forwarding, 3. Call Waiting, 4. Speed Call, 5. Last Number Redial, 6. Per Call Blocking, 7. Hold, 8. Call Transfer, 9. 3-way Calling. (5) Includes 300 minutes. Applies to direct-dialled outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls ($0.07/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.

LAWSUIT

Tentative settlement reached over developmental facilities

A tentative agreement has been reached in a class-action lawsuit involving 12 former residential facilities for people with developmental disabilities in Ontario.

The suit pitted former residents of the facilities against the province.

Ontario's Ministry of the Attorney General announced the tentative deal on Thursday, saying that if it was approved by a court, a settlement of nearly $36 million would be used to provide compensation to former residents who "suffered harm" while living at the facilities.

The 12 facilities closed between 1977 and 1999.

The settlement agreement would establish a process for eligible former residents of the facilities to make claims for compensation.

If approved by a court, the compensation claims would then be assessed by an independent claims administrator and be overseen by a former judge.

"This tentative agreement is a step to address a painful chapter of our province's history," said Madeleine Meilleur, Ontario's attorney general. "It is my hope that a settlement in this matter will help former residents who suffered harm move forward with dignity."

Ontario Attorney General Madeleine Meilleur
TORSTAR NEWS SERVICE

The institutions involved in the tentative agreement are: Adult Occupational Centre (Edgar), Bluewater Centre (Goderich), D'Arcy Place (Cobourg), Durham Centre for the Developmentally Handicapped (Whitby), L.S. Penrose Centre (Kingston), Midwestern Regional Centre (Palmerston), Muskoka Centre (Gravenhurst), Northwestern Regional Centre (Thunder Bay), Oxford Mental Health Centre (Woodstock), Oxford Regional Centre (Woodstock), Pine Ridge Centre (Aurora), Prince Edward Heights (Picton) and St. Lawrence Regional Centre (Brockville).

Two similar class actions were also settled by the province two years ago.

A $35-million settlement in case of residents at the Huronia Regional Centre in Orillia was reached in September 2013 and approved by a court in December of that year.

A $32.7-million settlement involving former residents of the Rideau Regional Centre in Smiths Falls and the Southwestern Regional Centre near Chatham was reached in December 2013 and approved in February 2014.

The Huronia settlement led Premier Kathleen Wynne to apologize in the Ontario legislature for the suffering residents experienced there.

THE CANADIAN PRESS

MORE LOCAL NEWS ONLINE

Nov. 2015
Christmas Bazaar
St. Mary
Coptic Orthodox Church
1 Canfield Road at Greenbank, Nepean, Ontario, K2H 5S7,
Tel: 613-823-6625
Friday, Nov. 20th, 6:30 pm - 9:00 pm
Saturday, Nov. 21st, 10:00 am - 7:00 pm
Sunday, Nov. 22nd, 12:00 pm - 5:00 pm
Christmas Music. Photo Booth,
Table cloth, Gallabeya, Egyptian cotton bed sheet,
kitchen towels, hand made jewellery, Egyptian Crystal,
Face paint + Henna.
Many Varieties of: Christmas Crafts,
Christmas Biscuits, Egyptian Food,
Pharaonic Papyrus and Mugs,
Copper Plates and more
Free Admission
10% Discount for Seniors
For more information / Pour plus d'informations,
Please visit the web / SVP visitez le site web: www.stmary-ottawa.org

Heritage Minister Melanie Joly and Mayor Jim Watson attend a news conference at the National Gallery after their meeting on Thursday. MICHAEL WOODS/METRO

Memorial decision due soon: Minister

HERITAGE

Location of communism monument has been disputed

Michael Woods
Metro | Ottawa

A decision on the fate of the controversial memorial to the victims of communism is coming "shortly," Heritage Minister Melanie Joly said Thursday.

The new minister said she still needs more information before deciding what to do about the much-criticized monument southwest of the Supreme Court building.

"I've been in the job for seven days, and in that context I want to make sure that I have all the information and that I have all the people that I need to take the right decision," she said at a news conference with Mayor Jim Watson.

She said she wants to give all the people who would be impacted by her decision a chance to speak, "in order to take a decision that is a sound one."

That would presumably include Tribute to Liberty, the group sponsoring the proposed monument.

"But there will be a decision taken, and there will be a decision taken promptly."

Joly, the minister responsible for the National Capital Commission, met with Watson on Thursday for the first time.

The mayor said he outlined the city's opposition to the memorial's planned location southwest of the Supreme Court building.

"The site that was chosen by the previous government is not appropriate and is out of scale," he said.

He said Joly is "wise to consult," given that a lack of consultation was a complaint about how the proposed memorial's location was chosen in the first place.

But he added: "If it could be done in the next two to three months, that would be wonderful."

Watson said the two also discussed the mayors' proposals to have seats on the NCC's board of directors, and the upcoming 2017 sesquicentennial celebrations in the capital.

Joly, who represents the Montreal riding of Ahuntsic-Cartierville, also met with Ottawa Centre MP Catherine McKenna, the federal environment minister, Thursday morning.

McKenna campaigned on moving the memorial from its location, and has also called for reforming the NCC to make it more transparent and generate more consultation on major projects.

IN BRIEF

Report of gunshots on St. Laurent Boulevard

The Ottawa police's guns and gangs unit is looking into a report of gunshots being fired along the 1900 block of St. Laurent Boulevard on Tuesday.

Police say they received a call that day around 4:30 p.m. from someone who reported hearing a gunshot.

Officers went to the scene and found glass from a vehicle on the ground and shell casings.

No one has reported any injuries. METRO

CITY HALL

Countdown begins for roadside memorials

Emma Jackson
Metro | Ottawa

Days are numbered for ghost bikes and other roadside memorials after council approved a new six-month cap on Thursday.

Now, hundreds of markers remembering people killed on Ottawa's roads can be removed six months after they come to the city's attention.

They can also be taken down immediately if they don't stick to a one-square-metre area that doesn't block sidewalks or drivers' sightlines.

The six-month window is a compromise from original recommendations to act after 90 days. Until Thursday the city didn't allow memorials at all, but staff left them alone unless they posed a hazard.

Somerset Coun. Catherine McKenney dissented, saying memorials should be left alone for a year.

Our famous One Day Sales are back

TODAY ONLY!

IN STORE AND AT THEBAY.COM

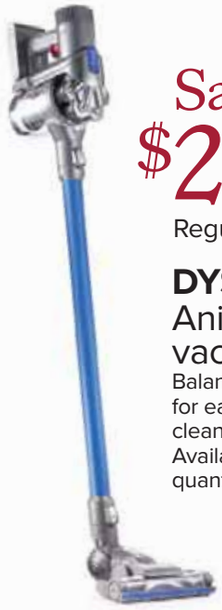
FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*.

Friday, November 13

Save $210
$389.95
Regular $599.95

DYSON DC42
Animal upright vacuum
Dyson cyclones pick up more microscopic dust than any other vacuum. Air-driven turbine head brush bar works on all surfaces. Certified asthma and allergy friendly. 5-year warranty. Available in store and online.

ONLINE EXCLUSIVE



Save $150
$299.95
Regular $449.95

DYSON DC45
Animal stick vacuum
Balanced and cordless for easy floor-to-ceiling cleaning.
Available online only. While quantities last.

HUDSON'S BAY

SAVE WITH 0% INTEREST FOR 6 MONTHS – NO ADMIN FEE
On selected merchandise when you use your Hudson's Bay MasterCard® or your Hudson's Bay Credit Card.
Delivery charges and taxes are payable up front. Applicable on in store purchases only. On approved credit only. Minimum monthly payments required. See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details. **SPECIAL PAYMENT PLANS** are available on approved credit with your Hudson's Bay MasterCard or Hudson's Bay Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your Hudson's Bay Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details call 1-800-263-2599 or see a store associate. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved. ***FREE SHIPPING**: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

5 THINGS TO DO IN OTTAWA THIS WEEKEND

Holiday shopping, holiday homes, pets and tattoos — something for everyone this weekend in the capital **HALEY RITCHIE/METRO**

1 Ottawa Pet Expo (all weekend)

If you love all creatures great and small head to the EY Centre this weekend. Bring your own pets or just come out to meet Ottawa's cutest dogs, cats, birds and other pets. Vendors will be selling pet outfits, food, treats, toys and grooming and breeders and rescue operations will be on site. **Admission is $15 and the show starts 9 a.m. to 6 p.m. Saturday and 10 a.m. to 5 p.m. Sunday.**

3 Home for the Holidays

Get into the holiday season by getting a peak into some of Ottawa's "exceptional" homes — all dressed up for the holidays by Ottawa florists and designers. All weekend long, homes from Rockcliffe to Kanata will be opened up to the public. **Tickets are $50 a person and proceeds go to Hospice Care Ottawa.**

4 Tattoo Expo (all weekend)

The Ottawa-Gatineau Tattoo Expo is taking place Nov. 13 to 15. The tattoo artist line-up features talent from across the country. Plenty of tattoo artists will be giving demos and showing their work, while other vendors include tattoo suppliers, photographers and jewellery. Entertainment includes burlesque, tattooed performers, live music and tattoo contests in multiple categories. **Three tiers of entry start at $20 and go to $90, available for purchase on their website.**

2 613 Flea (Saturday)

The semi-annual creative showcase at Lansdowne's Aberdeen Pavilion is back and the perfect place to start holiday shopping. There will be 70 local vendors selling everything from vintage clothing to baked goods. **Entry is free.**

5 260 Fingers (all weekend)

It's the holiday season and there are a lot of craft shows going on in the capital. If you love pottery then your first stop should be the 260 Fingers show at the Glebe Community Centre. Work varies from large-scale decorative ceramics to kitchenware. **The show opens at 6 p.m. Friday and continues Saturday and Sunday during the day. Admission is free.**

MITSUBISHI MOTORS
2015 RVR SUV
UNCOMPROMISED COVERAGE - ACCLAIMED STYLING
0.00% FOR 84 MONTHS
FINANCING ON SELECT TRIMS
FROM $68.75* WEEKLY PAYMENT $0 DOWN
GT model shown.
No Charge Winter Tire Package
Value: Up to $1400
10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY*
CALL OR VISIT
MEGA MITSUBISHI
1261 boul. St-Joseph, Gatineau • megamitsubishi.ca • 819 770-2277
WE WON'T BE UNDERSOLD!
LICENCE PREP FOR BOTH ONTARIO AND QUEBEC
*Vehicle cost including Freight and PDI $ 21,958 plus applicable taxes.
Not all vehicles apply for tire special. See dealer for details.

SATURDAY, NOVEMBER 14 ONLY!

20x

THE SHOPPERS OPTIMUM POINTS®

WHEN YOU SPEND $50 OR MORE† ON ALMOST ANYTHING IN THE STORE.

FREE feels good™ Optimum

PLUS 1 DAY SALE These SATURDAY ONLY Specials - November 14

2.49 EACH

COCA-COLA or **PEPSI**
BEVERAGES 6 x 710mL
Selected Types
Limit 4. After limit 3.49
Rest of Week 3.49

59¢ EACH

BIO•LIFE (88's) or **ROYALE** (88's - 126's)
FACIAL TISSUE
Selected Types
Limit 6. After limit 69¢
Rest of Week 69¢

4.99 EACH

BOUNCE FABRIC SOFTENER SHEETS (120's), **TIDE** LAUNDRY DETERGENT (1.09L - 1.18L) or **DOWNY** LIQUID FABRIC SOFTENER (1.23L - 1.53L) Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

4.99 EACH

BELLE COLOR
HAIR COLOUR
Selected Types
Limit 4. After limit 5.49
Rest of Week 5.49

2/$5

LIFE BRAND
PAPER TOWELS 8 Roll
or 2.99 each. Limit 4
Rest of Week 2.99

21.99 EACH

PAMPERS
BABY DRY SUPER BOXED DIAPERS
Selected Types & Sizes
Limit 4. After limit 23.99
Rest of Week 23.99

40% OFF*

QUO
COSMETIC BRUSHES
Selected Types

50% OFF*

JAMIESON
NATURAL HEALTH PRODUCTS
Selected Types & Sizes
Rest of Week 40% off*

6.99 EACH

MOTRIN LIQUID GELS (72's - 90's), **TYLENOL** NIGHTTIME CAPLETS (16's) or EXTRA STRENGTH EZ TABS (100's)
Selected Types
Limit 4. After limit 7.99
Rest of Week 7.99

2.99 EACH

LIFE BRAND MOUTHWASH (1L), **COLGATE** MANUAL TOOTHBRUSH (1's) or TOOTHPASTE (75mL - 170mL) Selected Types
Excludes Premium
Limit 4. After limit 3.49
Rest of Week 3.49

2/$4

CHEETOS (220g - 280g), **SUNCHIPS** MULTIGRAIN SNACK (225g) or **RUFFLES** POTATO CHIPS (215g - 220g)
Selected Types
or 3.49 each. Limit 4
Rest of Week 3.49

1.88 EACH

CHRISTIE
COOKIES
Selected Types & Sizes
Limit 4. After limit 2.29
Rest of Week 2.29

3.99 EACH

KRAFT
FLAVOURED SPREAD (500g) or PEANUT BUTTER (750g - 1kg)
Selected Types
Limit 4. After limit 4.99
Rest of Week 4.99

4.99 EACH

POT OF GOLD
CHOCOLATE COLLECTION 200g - 283g
Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

SHOPPERS DRUG MART®

Rest of Week Pricing in Effect Sunday, November 15 to Friday, November 20, 2015. While quantities last. We reserve the right to limit quantities. *Our Regular Price. †Offer valid on Saturday, November 14, 2015 only. Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

DNA Presents celebrates four great years on the dance floor

BACKSTAGE PASS

Group known for putting on killer EDM shows

Trevor Greenway
Metro | Ottawa

It didn't take long for production company DNA Presents to recognize there was a blood-craving thirst for massive EDM shows in Ottawa.

The proof was in the crowd that showed up at the EY Centre for their first major event in 2011 — close to 5,000 of them screaming for more beats from Toronto-born superstar DJ and producer Deadmau5.

"We are super excited about how the scene has transpired," says DNA director of marketing Maninder Virk.

But it wasn't always this way.

The scene that exists today was one that had to be carved out of sleepy Ottawa, scribe by scribe, chisel by chisel, until the loyal fan base swelled to the size it is now. It was an exceptional challenge for the crew at DNA to even convince big name DJs and promoters to come to Canada's capital, but, ultimately, it was the fans, the college 20-somethings whose lives constantly beat at 126 BPMs that made them believe.

"Ottawa is not a major market, so you really have to rely on a solid fan base for some of these shows to be successful," adds Virk.

A laser light show dazzles fans at **last year's Escapade Music Festival.** DNA Presents celebrates its fourth anniversary this Friday at Barrymore's. CONTRIBUTED

"So, I think what we have shown a lot of agents and artists in the world is that we do have a passionate fan base in the community and that when you do come to this city, you're going to have a good experience."

It's no surprise that Ottawans have come out in the thousands to DNA shows. All you need to do is quickly glance at the list of world-class selectors the company has brought here and you'll get it. Since DNA was created in 2011, some of the world's biggest DJs have dropped the bass on Ottawa EDM heads — pioneers of the craft Tiesto, Mark Knight and Steve Angello and newcomers taking the world by storm like Avicii, Dada Life, Calvin Harris and Canada's own Zeds Dead. The list literally goes on for pages.

But DNA has had its fare share of hurdles. It wasn't long ago when then partner Nick Vachon disappeared with more than $600,000 in profit from the 2012 Escapade Music Festival. He was later arrested in Aruba.

And putting on electronic music shows comes with its own stigma. Large DJ events are usually associated with club drugs like MDMA and other drugs and it's been a challenge to break down that stigma to have everyone focus on the music. But it's not about putting your head in the sand, says Virk.

"Trying to hide the stigma is not going to solve anything," says Virk, adding that DNA recently worked with Ottawa Public Health to put out information about bad drugs going around on Halloween this year.

"Instead of tossing everything under the rug, we identify it and make sure people are educated."

DNA is celebrating its fourth birthday with flare tonight at Barrymore's, and Dutch DJ duo Vicetone are taking care of the tunes.

It's a monster bash for DNA to celebrate all things electronic, the humps they've hopped over, the highs they've reached and the skies they will reach for.

Enjoy the birthday bass, DNA.

BELMONTE UPHOLSTERING
NOVEMBER PRE-CHRISTMAS SPECIAL
BOOK NOW FOR SPECIAL PRICING
50% OFF MATERIALS & LABOUR
10% DISCOUNT FOR SENIORS
WHY THROW AWAY QUALITY FURNITURE FOR CHEAP PRODUCTIONS WHEN YOU CAN RECOVER AND RESTYLE TO LOVE IT AGAIN. BOOK NOW FOR SPECIAL CHRISTMAS PRICES.
COMMERCIAL, RESIDENTIAL & BOATS SPECIALIZING IN ANTIQUES
Free Estimates & Delivery ~ Work Guaranteed ~ 50 Years Experience
613-558-3357

BRYAN CASEY

Christy Natsis gets five years in fatal impaired-driving case

An Ottawa judge has sentenced a Pembroke dentist to five years in prison in the impaired-driving death of Bryan Casey after a lengthy trial.

Casey — a father of three kids now aged 12, 14, and 16 — was killed on March 31, 2011 when he was heading eastbound on Highway 17 when an oncoming Ford Explorer collided with his car.

Dr. Christy Natsis was arrested and charged with impaired driving causing death and dangerous driving causing death.

The trial lasted nearly three years, and ended with Natsis in tears after Ontario Court Justice Neil Kozloff gave his judgement to the packed courtroom.

"The consequences of Natsis' behaviour were "catastrophic," said Kozloff.

"This family has been utterly devastated by the conduct of Dr. Natsis."

William Casey and LeeEllen Carroll, Casey's father and widow, expressed their relief to reporters outside the courthouse that the trial is behind them Carroll thanked the officers who responded to the scene and testified at the trial.

"None of us will ever understand why the crash had to happen. All of our children had their father taken away from them. I continue to do everything within my sphere of influence to ensure our children have the future they would have had had their father not been stolen from them," said Carroll. JOE LOFARO/METRO

Ottawa police chief Charles Bordeleau said Thursday the 2016 budget will be an investment in addressing an understaffed police service. JOE LOFARO/METRO

Get ready to pay more for policing

DRAFT BUDGET

Average tax bill expected to rise by about $11

Joe Lofaro
Metro | Ottawa

The Ottawa Police Services Board approved its draft budget for 2016 on Thursday, which would see the average homeowner's tax bill go up by $11 in an effort to grow the force for the first time since 2010.

Police said they will hire more officers within the $177 million operating budget, keeping in line with the 1.75 per cent tax increase. The budget is $7.2 million higher than last year.

Growing the force on a tight budget was no easy feat and police chief Charles Bordeleau is trying to hire 50 new officers over 2017 and 2018.

The Ottawa Police Service is one of the most understaffed in Canada. Among the "big 12" agencies across the country, Ottawa has one police officer per 504 residents, according to 2014 statistics. Montreal and Toronto, for example, have a police officer for every 330 and 345 residents, respectively.

Police said they found $2 million in efficiencies by cutting back in office supplies and software requirements for its IT Roadmap project, and other areas, and are projecting $820,000 in increased revenue from paid duty services.

"Part of the budget makes an investment to our people. Included in that is adding 25 new members to the Ottawa Police Service and also being responsive to workload and staffing pressures and employee wellness issues we are currently facing," Bordeleau said after the meeting.

But as the police service grows its membership next year, it is also looking at a possible staffing shortfall in its Direct Action Response Team (DART) due to a loss of provincial funding.

50

The number of new officers Ottawa police hope to hire in 2017 and 2018.

The province has signalled it plans to cut funding to an annual grant provided to police forces across Ontario.

In Ottawa, the funding has been used to staff five DART positions which worked on gang-related initiatives — one of the chief's top three operating priorities.

"If the funding is cut by the province then we will have to identify efficiencies or find a way to deal with that void. The guns and gangs issue is a priority for me and our police service and our community," said Bordeleau.

Residents can have their say on the police's draft budget on Nov. 30 before it is approved by city council on Dec. 9.

Trudeau, provinces, scientists talk climate

ENVIRONMENT

Seeking some common ground before Paris talks

Prime Minister Justin Trudeau holds a news conference after chairing a meeting with his cabinet on Parliament Hill. FRED CHARTRAND/THE CANADIAN PRESS

Another piece in Justin Trudeau's pursuit of a more engaged and aggressive Canadian stance on international climate policy fell into place Thursday, but many more remain a mystery.

The prime minister announced he's invited provincial and territorial leaders to Ottawa to discuss Canada's climate change plans later this month before an international climate conference begins in Paris.

Trudeau had previously invited the provincial and territorial leaders to join him at COP21, the UN-sponsored summit that begins Nov. 30 in the French capital, where the international community hopes to complete a framework for post-2020 climate action.

Trudeau will meet the premiers Nov. 23, just before departing on an extended trip that will take him to London for an audience with the Queen, then on to Malta for a Commonwealth leaders' meeting before wrapping up with other international leaders at the Paris climate talks.

The Liberal plan has always been to present a united Canadian climate policy to the world, something that has regularly eluded prime ministers going back to Jean Chretien in the 1990s. With provinces holding many of the policy levers on environmental action, getting everyone pulling in the same direction has proved challenging.

"We are having a climate briefing by top scientists for the first ministers and for my own cabinet, to be followed by a working dinner with the premiers to exactly discuss the kind of strong and cohesive message we will be delivering as Canadians in Paris at the very important COP21 conference," Trudeau said Thursday at his second briefing of the parliamentary media in as many weeks.

Part of the COP21 process includes countries submitting intended targets for emissions cuts, something the Conservatives did last May when they committed Canada to a 30 per cent cut below 2005 levels by 2030.

However the Harper government did not provide a policy blueprint, just as it failed to put Canada on track to meet its previous 2020 target set at Copenhagen and just as the Chretien Liberals failed to produce policies that would achieve the 1997 Kyoto protocol targets.

Trudeau's new government has refused to set a target for cutting GHGs in advance of Paris, but Environment Minister Catherine McKenna did say the existing Conservative-set mark should be considered the floor.

On Thursday it was Treasury Board President Scott Brison who was left trying to thread the needle connecting resource extraction and climate action.

"We're all active as a government, and we will be considering what is the case in terms of what subsidies or approaches ..." said Brison when asked about the fossil fuel subsidy phase-out.

"But it's clear our energy sector is an important sector and developing our energy — getting it to market in a way that is environmentally and economically sustainable — is absolutely key to our government's agenda."

THE CANADIAN PRESS

> **Our energy sector is an important sector and developing our energy ... is absolutely key to our government's agenda.**
> Treasury Board President Scott Brison

MONARCH

Prime Minister going to meet the Queen

Queen Elizabeth II. RICHARD POHLE/AFP/GETTY IMAGES

Thirty-eight years after his father caused an international sensation with a pirouette behind an oblivious Queen, Justin Trudeau is going to meet the monarch.

The prime minister says he's looking forward to meeting and speaking with the Queen on his way to Malta near the end of the month.

Trudeau will visit her before attending the Commonwealth heads of government meeting in Valetta Nov. 27-29 and later the United Nations climate change conference in Paris.

Former prime minister Pierre Trudeau, known for his flamboyance, was caught on camera doing a pirouette behind the Queen in May 1977 as they took part in a G7 summit in London, England.

> **I am absolutely delighted.**
> Prime Minister Justin Trudeau

Years after what many thought was a spontaneous event, one of Pierre Trudeau's aides revealed the gesture was planned and even rehearsed as a show of disdain for a palace protocol.

This time, the younger Trudeau is indicating that he doesn't share that attitude.

"I am absolutely delighted that Her Majesty has graciously agreed to this meeting," he said in a statement Thursday.

"As the Queen's 12th Canadian prime minister, I am honoured and very much look forward to spending this time in conversation with her."

"In her role as Queen of Canada, she has not only witnessed but also been an active participant in the evolution of our country over the past 63 years. Her Majesty will remain an integral part of our country's progress and future." THE CANADIAN PRESS

SYRIAN CRISIS

Refugees screened before, after arrival

Some security screening will be conducted on Canadian soil as the Liberals push to bring in 25,000 Syrian refugees by the end of the year, Public Safety Minister Ralph Goodale says.

Goodale told reporters that security checks on the refugees will be conducted both before and after the refugees begin arriving in Canada.

"It will be a combination of both," Goodale said after a cabinet meeting Thursday.

Security concerns were among the chief reasons the previous Conservative government advocated for moving slower on the refugee file — although Harper's former chief of defence staff, Rick Hillier, suggested those were overblown.

Goodale said his officials assured him they can get the job done, despite the ambitious timeline. Goodale's portfolio includes CSIS, which does much of the screening work, as well as the Canada Border Services Agency and the RCMP.

25K

Number of Syrian refugees Canada plans to settle. Quebec will welcome 6,000 of those.

"My officials are satisfied that, to the extent that there are security issues, that they can be properly managed within the frame that the government is considering, and that Canada can fulfil the objective of receiving and settling 25,000 refugees in an expeditious way," Goodale said.

Goodale was speaking after cabinet got its first look at a plan hammered out by new cabinet committee to meet the end-of-year target.

THE CANADIAN PRESS

SERIAL KILLER

Bernardo novel as graphic as murders

Paul Bernardo, Canada's most notorious serial killer, is selling an e-novel on Amazon.com while serving a life-sentence for the sex slayings of schoolgirls Kristen French and Leslie Mahaffy.

A MAD World Order is a 631-page book about the "top echelons" of the Russian government planning a catastrophic strike against the U.S. in a bid to regain superpower status.

A Kindle version of the book sells for $7.77. Amazon says writers can use its Kindle Direct Publishing to get a book on Kindle stores worldwide within 24 to 48 hours. Writers can earn "up to 70 per cent royalties" on sales to customers in countries including Canada, the U.S., the U.K. and Japan.

Tony Bryant, Bernardo's lawyer, told Global News in an email: "I am advised that Mr. Bernardo has written a book."

Global quoted an excerpt about Al Qaeda "martyrs" committing suicide after a terrorist attack. "Flattened on impact the bullet tips tore through the interiors pushing their brains along with it ...," it reads. "Both bodies slumped forward revealing the blood droplets, hair and chunks of grey matter oozing down the sheet from the two impact stains."

Paul Bernardo TORSTAR NEWS SERVICE

Bernardo is in solitary confinement in Millhaven Institution in Bath, Ont. TORSTAR NEWS SERVICE

IN BRIEF

NDP entrusts long-time MPs with critic roles

Tom Mulcair will rely on veteran members of his team — like Nathan Cullen, critic for environment — to help the NDP flex its muscles in Parliament. Charlie Angus has been named critic for indigenous affairs, and B.C.'s Don Davies will focus on health.

THE CANADIAN PRESS

Posties continue challenge

The Canadian Union of Postal Workers says it will continue with its Federal Court challenge of Canada Post's decision to end home mail delivery. Sylvain Lapointe, a national director of the union for the Montreal area, said the legal challenge, which includes several groups including the disabled and retirees.

THE CANADIAN PRESS

EU's passport-free area under threat

EUROPE

Nations take action to slow huge influx of migrants

Slovenian soldiers set barbed wire fences on the Slovenian-Croatian border near Rakovec on Thursday. AFP/GETTY IMAGES

Passport-free travel in Europe is under threat as countries reintroduce border controls, toughen security and build fences in response to the biggest refugee emergency the continent has seen in decades.

The Schengen open-borders zone uniting 30 countries is a pinnacle of European achievement. It underpins the EU economy, allowing goods, services and people to cross frontiers without checks.

But Sweden says security at its borders cannot be assured and announced checks were resuming on Thursday, while tiny Slovenia has begun erecting a fence to stem the flow of people from Croatia, the second nation, after Hungary, to resort to such a measure.

These uncoordinated and unilateral actions in response to unpredictable movements of thousands of people have raised fresh doubts about whether the passport-free area can survive the migrant challenge.

"Saving Schengen is a race against time," EU Council President Donald Tusk warned on Thursday after a migration summit with European and African leaders in Malta.

He cited individual moves by Germany, Sweden, Slovenia and others in response to what they see as threats to their border security from the tens of thousands of migrants streaming in from Africa, the Middle East and Asia.

"Without effective control of our external borders, Schengen will not survive," Tusk said.

The two-day summit was meant to focus on how to send back to Africa those who don't qualify for asylum and discourage others from attempting the risky journey across the seas in search of a better life.

THE ASSOCIATED PRESS

BURUNDI

UN decries killings amid genocide fear

A Burundian soldier guards a street in the troubled nation. THE ASSOCIATED PRESS

The UN Security Council unanimously approved a resolution Thursday condemning killings in Burundi and threatening sanctions, while international leaders urgently called for the government and opposition to meet amid fears the African nation is at risk of genocide.

Witnesses say the killings, torture and human rights violations are the result of a government crackdown on opposition members. Statements by Burundian officials last week echoed language used in the 1994 genocide in neighbouring Rwanda, where more than 800,000 ethnic Tutsis and Hutu moderates were slaughtered in a campaign orchestrated by Rwanda's Hutu-majority extremist government.

Like Rwanda, Burundi has a history of tensions between its Hutu and Tutsi ethnic groups. At least 240 people have been killed in Burundi since protests began in April against President Pierre Nkurunziza's ultimately successful quest for a third term.

"We know that in the worst case what we're talking about is a possible genocide, and we know that we have to do everything we possibly can to prevent that," Britain's UN Ambassador Matthew Rycroft said after the council vote.

THE ASSOCIATED PRESS

ZIMBABWE

Mister Ugly contest draws record number of entries

Zimbabwe's Mister Ugly William Masvinu has tough competition in this year's pageant due to a record number of entries. For the first time since the event began in 2011, organizers will hold preliminary rounds to whittle the number of hopefuls from 36 to 12 who will compete in the Nov. 20 finale. THE ASSOCIATED PRESS

CHARLIE HEBDO

Newspaper needs 'new team'

A surviving member of Charlie Hebdo's editorial staff says the satirical newspaper devastated by this year's terror attack needs a new team, but that the publication is more important than ever.

Patrick Pelloux, a writer and doctor who was among the first to arrive at the Charlie Hebdo offices in Paris after the Jan. 7 massacre during a staff meeting, announced he was leaving in September, shortly after the last issue featuring drawings by Luz, a surviving cartoonist who also left.

In an interview Thursday with iTele, Pelloux said the newspaper, attacked by French Islamic extremists who said they were avenging its cartoons of the Prophet Muhammad, needed people to help "rediscover the meaning of caricature."

Pelloux released a book this week honouring his slain colleagues.

THE ASSOCIATED PRESS

ON THE COVER

Quick on the draw

Charlie Hebdo mocked religions, including Islam's Prophet Muhammad. Luz drew the cover cartoon — a weeping Muhammad, saying "All is forgiven" — in the issue following the attack, which left 12 people dead. THE ASSOCIATED PRESS

SOUTH KOREA

Court upholds life sentence

South Korea's top court on Thursday upheld a life sentence for the captain of a ferry that sank last year, killing more than 300 people, most of them teenagers on a school trip.

The Supreme Court upheld a lower court that sentenced Lee Joon-seok, 70, to life imprisonment for charges that included homicide, the court said in a statement. The court ruled that Lee committed homicide by "wilful negligence," concluding he fled his ship without giving an evacuation order, although, as captain, he is required by law to take measures to save his passengers.

The court also upheld prison terms of 18 months to 12 years for 14 other crew members who faced similar charges of negligence and passenger abandonment, but weren't found guilty of homicide or avoided such charges because they were subject to Lee's orders.

A total of 304 people died when the ferry Sewol sank off South Korea's southwest coast in April 2014 in one of the country's deadliest maritime disasters. Most of the victims were from a single high school.

Lee and his crew members have been the targets of fierce public anger because they were among the first people rescued from the ship when it began badly listing.

THE ASSOCIATED PRESS

MYANMAR

Military reaches out to NLD as the party nears majority

Calendars featuring Myanmar opposition leader Aung San Suu Kyi are on sale in Yangon on Thursday. AFP/GETTY IMAGES

Myanmar's official vote count inched closer Thursday to confirming a parliamentary majority for Nobel laureate Aung San Suu Kyi's opposition party, as the military establishment that has been her nemesis for decades appeared ready to toss in the towel.

While the army has not conceded defeat for the ruling pro-military Union Solidarity and Development Party, it has acknowledged the massive success of Suu Kyi's National League for Democracy in Sunday's election and pledged it will respect the final results. Those results seem virtually certain to allow the opposition to take over the government.

The office of army commander Senior Gen. Min Aung Hlaing said the military will hold talks with Suu Kyi after the election results are complete. Suu Kyi issued an invitation on Wednesday for a meeting with the commander, along with President Thein Sein and House Speaker Shwe Mann.

Results issued so far by the Union Election Commission support unofficial numbers from the NLD and local media pointing to a landslide win for the pro-democracy crusader and a resounding rejection of military rule. While the opposition may soon have enough confirmed seats for a parliamentary majority, it could still be another week or so until all votes are tallied.

Attention is riveted on what has been called the "magic number" for Suu Kyi's party. The election commission's latest announcement Thursday showed the NLD needs just two more seats to reach the 329 it needs for a majority in the 664-member, two-house Parliament.

THE ASSOCIATED PRESS

Fitness gadgets expand

TECHNOLOGY

Devices aim to cover every age and area of human health

After the smartphone and fitness bracelet, here comes the smart ring. And the smart pacifier. And smart rollator.

"Wellness" computers that monitor your pulse, temperature and other health indicators are becoming increasingly sophisticated and varied to cover every aspect — and age — of human life. Some products, like the ring by Finnish startup Ouraring, are specialized in optimizing physical training by tracking sleep patterns and physical activity. Others are looking to fit into health-care services struggling to cope with aging populations.

Health gadgets took the limelight at this week's Slush fair, a gathering of technology startups that has drawn 800 investors and an estimated 15,000 participants worldwide.

Kari Kivela, head of design at Ouraring, promotes a "wellness" ring at Slush 2015 on Thursday. LEHTIKUVA/THE ASSOCIATED PRESS

Lasse Leppakorpi, the founder and CEO of Beddit, a startup specializing in sleep-monitoring equipment, says new gadgets will increasingly change the role of doctors to becoming "consultants and experts" for people concerned about their well-being. "The focus of health care will shift from treating illnesses more toward responsibility of caring for one's health," he said at the Slush fair, featuring a record 1,700 startups.

> **The focus of health care will shift from treating illnesses more toward responsibility of caring for one's health.**
> Lasse Leppakorpi

The maker of the smart ring, Ouraring, believes it has an advantage over companies providing only sleep-monitoring equipment, such as smart beds equipped with sensor straps under bed sheets. "Our rings monitor when you're asleep, when you're awake, if you're sitting, when you're on the move," said Kari Kivela, head of design at the Finnish company based in the city of Oulu, a former Nokia hub.

On Thursday, the company announced it had secured $2.3 million US in funding, mainly from U.S investors, on top of $650,000 US raised in a Kickstarter campaign in September with more than 2,000 backers. THE ASSOCIATED PRESS

IN BRIEF

Coal industry hurting

Canada's coal-export market has taken a major hit in recent years, as prices have dropped from more than $300 US a tonne in 2011 to less than $90 US a tonne this quarter because of continued oversupply and slowing demand from China. Joe Aldina, a coal analyst at Wood Mackenzie, said that while there is no quick fix for the oversupply caused by China's economic slowdown, India should start to pick up where China left off by the early 2020s. THE CANADIAN PRESS

market minute

DOLLAR 75.29¢ (-0.10¢)

TSX 13,127.18 (-214.75)

OIL $41.75 US (-$1.18)

GOLD $1,081.00 US (-$3.90)

NATURAL GAS: $2.260 US (+0.3¢)
DOW JONES: 17,448.07 (-254.15)

NEW YORK CITY

Tracking homeless seen as harassment

On an app, pins on a New York City map keep track of sightings of homelessness, accompanied by photos of people lying on sidewalks, slumped in doorways, sitting on curbs with shopping carts piled high with bags.

Hashtags frame the scenes: "NeedsMedicalAid," "Encampment," "Aggressive Begging," "Violent."

On a similar Facebook page, residents of a Manhattan neighbourhood share pictures and complaints about people living on the streets, some half-naked. A website created by a police union posts pictures of the homeless and vows, "We are watching you!"

Advocates for the homeless see such efforts as more harassment than help.

Dave Giffen, the executive director of the Coalition for the Homeless, calls the initiatives "unethical and inhumane."

But organizers say they are illustrating a pressing social problem.

"People thought I was picking on the homeless," says Ed Mullins, who heads the police sergeants' union that maintains Peek-a-booNYC. "My question is, 'Well, what can you do better?'"

New York's telephone complaint system has fielded more than twice as many reports about homeless people in the first 10 months of this year as during the same period last year, and police have counted about twice as many encounters with people unwilling to go to shelters. THE ASSOCIATED PRESS

STATISTICS

New York has the biggest homeless population of any U.S. city, according to federal statistics. As of Tuesday, there were over 57,700 homeless people in shelters, a 13 per cent increase from the same night two years ago.

People walk past a homeless man asking for money on 14th Street in New York City. THE ASSOCIATED PRESS FILE

THEY'RE FAMILY.
Locally owned, we specialise in personalised pet aftercare.
We offer cremation services, burial services and more.
For more information, please visit our website restingpawsottawa.com
Resting Paws Cemetery & Crematorium Inc.
Where Memories Matter

WORLD FAMOUS SPIRITUALIST & PSYCHIC
Master: RAMDEV
100% GUARANTEE
ALL RELIGIONS WELCOMED
KNOW YOUR LIFE & ADJUST YOUR WAY
LOVE, MARRIAGE, HUSBAND-WIFE, FAMILY, BUSINESS, EDUCATION, JOB, SUCCESS, HEALTH, COURT, DIVORCE, CHILDREN MISTAKE. ETC
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT
OBEYA & GIVES 100% FULL LIFELONG PROTECTION
HE CAN HANDLE ANY KIND OF PROBLEMS
613-462-4165
558 THOMSON ST. OTTAWA (MONTREAL & ST. LAURENT BLVD)

We want YOUR opinion!
Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a $25 gift card.
metronews.ca/panel metro

metro VIEWS
Your essential daily news
Weekend, November 13-15, 2015

PRO CON

Should hospitals allow visitors 24/7?

Three Ottawa hospitals have ditched limits on visiting hours for patients' friends and families in an effort to promote more holistic health care and reduce isolation. But is bringing familiar faces from home into the hospital really the best way to heal?

YES: TLC from family is the best medicine

Being seriously ill is scary and lonely, but having a family member or trusted friend with you — outside of the typical afternoon visiting hours — can help. And allowing that is in line with the trend toward a more family-focused, patient-centred approach to health care. Family members also know more about the patient and their history than doctors or nurses ever could. They can pitch in with tasks like feeding and personal care, and they may be able to notice when something is off. According to the Canadian Foundation for Healthcare Improvement, patients whose loved ones are allowed to stay with them in hospital experience fewer medication errors and falls, shorter stays, fewer readmissions and a generally better experience and standard of care.

NO: Patients need peace and quiet

Visiting hours enforce a period of restful calm, especially during the night, to allow patients to sleep and heal. Hospital staff already have the discretion to allow visitors to stay when circumstances warrant it. But visiting hours allow them to effectively get interlopers to leave if they're being loud or inconsiderate. Unlimited visiting will disproportionately affect people who can't afford a private or semi-private room: Even quiet talking can disturb the sleep of someone who is in pain and in an unfamiliar environment. Certain units — such as maternity, children's wards, intensive care and palliative care — already routinely allow visitors around the clock. Finally, more people coming and going might mean more infections, and could pose security issues, especially at night when fewer staff are on duty.

Stop excusing sexism: Ordain women already

Michael Coren
For Metro

It's the last acceptable face of misogyny. I speak of conservative Christianity, principally the Roman Catholic Church and hardline evangelical Protestants, who manage to routinely discriminate against women and still enjoy a status in society that would be denied any secular organization that acted in a similar manner.

I am utterly convinced that if women had been priests, the (sexual-abuse crisis) never would have developed.

The reality is that no matter how great their ability or suitability, no woman can ever be ordained as a priest or a minister in these churches and it's time we asked some serious questions and stopped allowing sexism to hide behind religion.

The Roman Catholic argument is that Jesus was a man, and as the prime role of the priest is to represent Christ at the Mass, no woman could fulfill the position. But Jesus was also Jewish, spoke Aramaic and was born of a virgin. Try as I might I have never found an Aramaic-speaking, Jewish priest born of a virgin serving mass in Canada. Perhaps I need to look further afield!

Seriously though, if this is the best it can do the Catholic Church is on pretty shaky ground. The central word here is "represent." Every Christian believes that there is only one Jesus, but that someone can represent Him without resembling Him.

The irony is that Jesus didn't share such prejudice. He surrounded Himself with devout women, told His followers to revere His mother, and the first people to see the resurrected Christ were women — not initially believed by the frightened, faithless men they told.

Women not only played a central role in founding the church, but also in maintaining it, especially through the darkest times of ancient oppression. There were certainly women deacons and possibly female priests. But the patriarchy was at its strongest in medieval Europe and the role of Christian women was rapidly diminished.

Non-Catholic Christians who deny female ordination point to various scriptural statements concerning male leadership and female subservience, but as with so much of the Bible, context and historical understanding are vital. Today many, perhaps most Protestant churches ordain women yet there is, alas, still resistance.

Nor is just about equality. As someone who has written extensively about the Catholic sexual-abuse crisis, I am utterly convinced that if women had been priests the horror would never have developed and certainly wouldn't have been hidden.

Christianity still has so much to offer the world, but it can only do so if it abandons outdated, ugly and irrelevant conventions.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

If anyone asked me what unites Canadians, I'd be stumped

Letters-to-the-editor pages in newspapers somehow still exist.

In a world suffocated by opinion (mine, yours, and both our dogs' on FB, Twitter, Insta, Reddit, article comments, YouTube comments), it seems a little quaint, no?

And yet there I was, reading the letters section of the National Post the other day. And boy, was that fun.

Charles in Nanaimo knows better than Keystone XL bigwigs that Obama always had it in for the pipeline.

Jack in Victoria suggests the end of all intersections, in favour of roundabouts, if the Liberals really want to invest in infrastructure.

Albert, also from Victoria, is wigged out about 25,000 Syrian refugees really getting a good vetting.

Osama in Calgary has some eloquent words of loyalty and support for Canadian soldiers.

Some letter-writers sound as nutty as the emails I often get. Some people sound sane. And there's actually a diversity of opinion. There are full sentences and complete attribution, including city of residence, and no Ayn Rand-inspired handles.

It's like, I dunno, a reflection of Canadians? A cross-section of opinion I would maybe see in other papers but definitely not in my various social media feeds.

There, I follow people who interest me, and while there's a bit of political diversity, it's not much. Inflammatory (to me) opinions are at a minimum. Thus, according to the bulk of my digital newsfeeds, Canadians are pretty thrilled with Trudeau, and we'd be cool if the official opposition didn't show up.

Reading the letters felt like checking in with extended family. Still right-wingers out there, hey? Good to know. The whole fear of immigrants and refugees, that's healthy? Okay, got it. And you went on a cruise, you say? Glad that was fun.

It reminded me of a dinner I had recently, where I got a little worked up, I'll admit, because my companion, an old family friend, really thinks Islam (and all religions) is evil.

I think I could have kept my voice down and saved the pub a few high-pitched broken wine glasses if only I'd had some reminder lately that not everyone agrees with me.

Shocking, I know.

And that people still very much and very deeply fear the "other." Still, to me, shocking.

I like getting a multi-paragraphed window into those right-wing others, and then see their full names in italics. It gives their views more weight. It makes them real.

It reminds me that if anyone asked me to describe what unites Canadians, I'd be stumped. Plus, these guys (they appear to all be men) are a hoot.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW Philosopher cat now at www.mymetrostore.ca

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Movies that mine the news

BASED ON A TRUE STORY

Some films stick to facts, others play hard and loose

Richard Crouse
For Metro Canada

In 2010, thirty-three men spent sixty-nine days trapped underground in a copper-gold mine located near Copiapó, Chile. Their story became the inspiration for the new Antonio Banderas movie, The 33. HANDOUT

The movies have looked to the news for inspiration almost since the first time film was projected on screens.

As far back as 1899, a film called Major Wilson's Last Stand dramatized scenes from the First and Second Matabele Wars, including the death of Major Allan Wilson and his men in Rhodesia in 1893.

The trend of reel life emulating real life continues this weekend with The 33, an Antonio Banderas film based on a famous mining accident. In 2010, 33 men spent 69 days trapped underground in a copper-gold mine located near Copiapó, Chile when a rock the size of the Empire State Building blocked their exit.

"I can't think of a better story than this one to bring to the screen," says producer Mike Medavoy.

The trick is getting the story right. Director Patricia Riggins worked with the miners, Medavoy and screenwriters to create a story that, according to everyone involved, features more fact than fiction.

That isn't always the case.

According to IMDb the Jim Sturgess movie 21 calls itself a "fact based" story about a group of MIT students who used a complicated card-counting system to fleece Las Vegas casinos for millions of dollars.

The bare bones of the story are true — blackjack was played and MIT students counted cards — but Hollywood diverged from reality when casting the leads. In truth the main players were mainly Asian-Americans, including ringleader Jeff Ma who consulted on the movie.

Ma called the controversy surrounding the casting of Sturgess and Kevin Spacey "over-blown," adding "I would have been a lot more insulted if they had chosen someone who was Japanese or Korean, just to have an Asian playing me."

The Michael Bay film Pain & Gain is listed as an action-comedy and stars Mark Wahlberg, Dwayne Johnson and Anthony Mackie certainly play up the jokes. Everyone laughed, except for Marc Schiller, the real-life inspiration for the film's kidnap victim.

"It wasn't that funny when they tried to kill me," he said. "They did run me over with a car twice after trying to blow me up in the car. The way they tell it made it look like a comedy. You also gotta remember that not only I went through this, but certain people were killed, so making these guys look like nice guys is atrocious."

Last year's Oscar winner Whiplash saw Miles Teller as a young drummer driven to extremes by a fanatical music teacher played by J.K. Simmons.

The movie draws parallels to the famous story of Jo Jones and Charlie Parker. The legend goes that Jones threw a cymbal at Parker's head after a lackluster solo, prompting the sax player to go away, practice for a year and return as one of the greatest musicians of the 20th century. Trouble is, the story isn't true. A cymbal was let loose, but according to eyewitnesses it was dropped on the floor at Parker's feet and not at his head.

"Not attempted murder," wrote Richard Brody in the New York Times, "but rather musical snark."

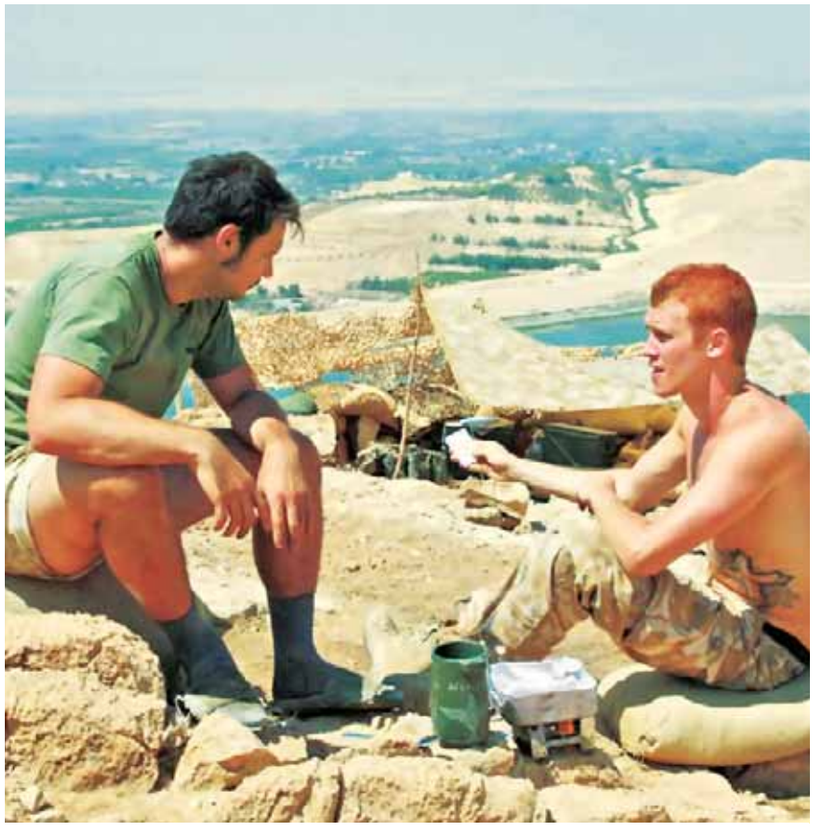
How does Hollywood get away playing fast and loose with the facts? Black Mass director Scott Cooper says, "I don't think people come to narrative features for the facts, or for truth. I think you go to documentaries for that. What you do come to narrative features for is psychological truth, emotion and deep humanity."

MOVIE RATINGS by Richard Crouse

Love the Coopers ★★
Spotlight ★★★★
Heist ★
Entertainment ★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

CAT'S
FISH & CHIPS
319 St. Laurent Blvd (at Hemlock)
Take-Out Hotline: 613-748-FISH (3474)
OPEN: Tuesday - Sunday 11AM - 9PM
Dinner for 2 – $40 plus tax
INCLUDES: APPETIZER, 2 FOUNTAIN POPS, 2 CUTLASS HADDOCK MEALS, DESSERT
EXTRA'S, ADD-ONS AND GRATUITY NOT INCLUDED, DINE IN ONLY
Limit one coupon per table. Valid Sun, Tues, Wed, Thurs only. Expires December 24, 2015.
OTTAWA'S BEST FISH & CHIPS
*GLUTEN FREE BATTER AVAILABLE



Paul ' Tug' Hartley, a U.K. army medic who is depicted in Kilo Two Bravo, said the film is "99 per cent accurate." HANDOUT

Afghanistan war in graphic detail

AFGHANISTAN MISSION

UK soldier says film accurately retells his platoon's story

Steve Gow
For Metro Canada

You may have removed the Remembrance Day poppy from your lapel for another year but that doesn't mean you can't still honour the sacrifice of our war veterans.

"Whether you're Canadian or British, society doesn't pay enough attention," said former U.K. army medic Paul 'Tug' Hartley, whose life-saving actions are the basis of the acclaimed new film Kilo Two Bravo. "You see on the news a British soldier got killed (and then) they carry on. This film will give people insight into five hours of someone's life. That's all it was but look how impactful it is."

A vivid adaptation about a small company of commandos who suddenly find themselves trying to escape a valley loaded with live land mines, Kilo Two Bravo isn't just (as Hartley describes) one of the "million stories they could have told" about the war in Afghanistan, it's the kind of nail-biting thriller that exhibits the true solidarity of soldiers.

"I remember saying I'm happy to sign up for this so long as you tell our story," recalled Hartley, who originally feared filmmakers would exploit the harrowing tale. "It's not a war movie. It's a movie about adversity and heroism. This could've happened in a car crash; it's just about a bunch of people who come together and do what they did."

But for the actor who recreates Hartley's acts of medical heroism on-screen, the real life situation is not to be understated. In fact, even just pretending to be there was a stressful experience.

"The whole shoot was very intense — six days a week, 15 hours a day in 55-degree heat. All of those conditions affect you psychologically," admitted Game of Thrones star Mark Stanley of the chronologically-shot drama. "Was there time to decompress? I don't think so. I think we probably just drank too much on our days off."

Hartley doesn't diminish the actors' difficult job either. Having seen the film several times now, he insists that moviegoers are certainly in for an authentic experience.

"It's 99 per cent accurate," said Hartley. "The only way you were going to get that extra one per cent is if you had been there and bled with us."

> **It's a movie about adversity and heroism.**
> Former soldier Paul Hartley

ALAN ARKIN JOHN GOODMAN ED HELMS DIANE KEATON JAKE LACY ANTHONY MACKIE AMANDA SEYFRIED JUNE SQUIBB MARISA TOMEI OLIVIA WILDE

Mark S. Allen KMAX-TV (CW), Sacramento

"TRIUMPHANT LAUGHS WITH HEARTWARMING HOLIDAY CHARM."

LOVE the COOPERS

YOU CAN'T REGIFT FAMILY

PG

CBS FILMS

entertainment One

STARTS TODAY CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

A choral experience like no other...

Come enjoy the enchanting sounds of the Canadian Bandurist Capella at the National Gallery of Canada

Sunday November 15, 2015
3:00 pm
Tickets $30 (Students $20)

Tickets available at:
Buduchnist Credit Union
913 Carling Avenue

Ukraine Credit Union
271 Bank Street

Canadian Bandurist Capella

Капеля Бандуристів Канади

We thank our proud sponsors:
Caravan Group of Companies, Buduchnist Credit Union,
Ukrainian Credit Union Limited, CHIN Radio/TV, MICT/MEEST and Tarnowecky Law

Double trouble: Partners on and off the screen

Angelina Jolie directed her husband Brad Pitt in her new film By the Sea. It's being compared to Gigli, the 2003 Ben Affleck-Jennifer Lopez flick that many critics called the Worst. Movie. Ever. But directing your significant other isn't always a recipe for cinematic catastrophe, as some of these examples show. TORSTAR NEWS SERVICE

PHOTOS : HANDOUT; TORSTAR NEWS SERVICE; THE CANADIAN PRESS

FARGO

Joel Coen + Frances McDormand

McDormand won an Academy Award for her performance in Fargo (1996). She and Coen met when she auditioned for Blood Simple in 1983 and married the next year. At the Rome Film Festival in October, reporters asked McDormand for the secret to a lasting relationship. "I think it's having different stories to tell each other," she said.

KNOCKED UP

Judd Apatow + Leslie Mann

Leslie Mann plays Paul Rudd's wife in Knocked Up (2007) and This Is 40 (2012). The director told Good Morning America he felt "uncomfortable" watching his wife and Rudd... get into character. "I keep saying, 'Why do I keep writing sex scenes for Paul Rudd and my wife?' I should actually omit them from the script."

THE FOUNTAIN

Darren Aronofsky + Rachel Weisz

The director of Requiem for a Dream and Black Swan, and the Cambridge-educated actress announced their engagement in 2005. They had a son a year later but never wed. In 2010, they split after nine years together. Their film the Fountain (2006) divided critics.

HUSBANDS AND WIVES

Woody Allen + Mia Farrow

With only a few days left of shooting Husbands and Wives (1992), Farrow discovered that Allen was having an affair with her adopted daughter, Soon-Yi Previn. Producer Robert Greenhut said it took him "two or three days" to convince Farrow to come back to work. Before their split, Farrow and Allen worked on 13 films together.

Now playing

COMEDY

Love The Coopers

Director: Jesse Nelson
Starring: Olivia Wilde, Amanda Seyfried

When the Cooper family comes together for Christmas Eve, a series of unexpected visitors turn the night upside down.

ROTTEN TOMATOES™ SCORE
Critics: 28% Audience: 94%

DRAMA/ROMANCE

By The Sea

Director: Angelina Jolie
Starring: Angelina Jolie, Brad Pitt

A married couple takes a vacation in France in the 1970s and find that their time in a sleepy seaside town, complete with a unique array of locals, strengthens their bond and reaffirms their marriage.

ROTTEN TOMATOES™ SCORE
Critics: 29% Audience: 86%

A tribute to soul legend Mavis Staples

MUSIC ON FILM

Jeff Tweedy, Bonnie Raitt feature in doc about Staples

Steve Gow
For Metro Canada

Many people feel inspired after seeing their favorite musician in concert but very few are motivated enough to make a movie. However that's exactly what septuagenarian soul singer Mavis Staples did to Jessica Edwards.

"It sort of sounds a little bit hokey but it's true, I wanted to make the movie because of the way that Mavis made me feel," explained the filmmaker about her debut documentary, Mavis!

"I never experienced anything like that in my life and I wanted to feel that way again (and) I wanted other people to feel the way that I felt when I was listening to her."

Mavis Staples has certainly been electrifying audiences and deserving of a documentary ever since her and family band, The Staple Singers were crooning soul classics like Respect Yourself in the early '70s. Still performing at 76 years old, the entertainer and outspoken civil rights activist is even earning new fans thanks to collaborations with the likes of Wilco's Jeff Tweedy.

Indeed, her music has influenced a lot of artists. Although Edwards began the biography as a self-financed indie project, she soon discovered many celebrities wanted to speak about Staples. So Edwards took a less-is-more approach, favouring tributes from musicians with close personal connections — like Tweedy or Bonnie Raitt. "It could have ended up being a hundred people (in the film)," explained Edwards.

"But I've never been a fan of the talking head interview that comes on and doesn't have a lot to contribute (so) I tried hard not to just go off the handle and get Beyoncé and Jennifer Hudson or anybody I could get my hands on just because it made a good name." Still, one superstar that Edwards did attempt to land was Prince (who worked on two of Staples's albums). While The Purple One turned down the invitation, Edwards insists he remained "very supportive" of the film. "I don't think Prince has done an on-camera interview in decades," laughed Edwards. "(So) I had a big hunch an interview was going to be hard to get."

The documentary Mavis! is now playing in select theatres and is available on iTunes. COURTESY MARK POKEMPNER/FILM FIRST CO

MAVIS STAPLES' HITS FOR OTHERS

At least three classic Staple Singers songs are often associated with other artists:

•The Last Time — The Rolling Stones
The Staple Singers scored a hit with this traditional gospel song in 1955 but the ditty truly found success with a rock adaptation by The Stones a decade later.

•The Weight — The Band
In 1968, Robbie Robertson-led roots-rock act The Band had a big hit singing "take a load off Annie" but The Staple Singers also highlighted the hymn on their first album for Stax Records the same year.

• Respect Yourself — Bruce Willis
While The Staple Singers had a big hit with this catchy single in '72, Bruce Willis made it his signature song when he took a stab at a music career while still slugging it out on TV's Moonlighting in the '80s.

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.

Casual
FRIDAYS
with the NAC Orchestra

Ana Sokolović, Composer
© Donat pour la SMCQ

NOV 20 7 P.M.

Tickets from $25

Johannes Debus
CONDUCTOR
David D.Q. Lee
COUNTERTENOR
Cantata Singers of Ottawa
Ewashko Singers
Capital Chamber Choir
Laurence Ewashko
CHORUS MASTER

Music from MOZART, and an NAC Commission, world premiere from ANA SOKOLOVIĆ.

5:00 – 6:45 p.m. *Culinary Overture** tapas and live jazz music
7:00 – 8:30 p.m. 90-minute world-class concert with the NAC Orchestra
8:30 – 9:30 p.m. Reception with the musicians

**Culinary Overture* tickets are $20 for 3 plates available in advance, or at the event. Wine is not complimentary, but is available for purchase.

NAC ORCHESTRA
2015 / 2016 SEASON

nac-cna.ca
NAC BOX OFFICE MON.-SAT. 10 a.m.-9 p.m.
GROUPS 10+ 613 947-7000 x634 | grp@nac-cna.ca

TRINITY LIVE RUSH liverush.ca

ticketmaster.ca
1-888-991-2787 (ARTS)

Man at work: Hawksley drops new EP

OLD CHEETAH

Signature sound abound on latest album by Workman

Canada's notoriously unpredictable rocker has plans to settle down, for a time, and 'sing quiet, little songs.'

"I still feel like a reckless idiot," proclaims Hawksley Workman. "But a reckless idiot who's getting tired of certain aspects of the baggage that comes along with being a reckless idiot."

Reckless? Definitely. "Idiot" might be pushing it, though, for as creatively cavalier as Workman has played with his fascinating, if occasionally self-sabotaging, 15-album career, there's never been much idiocy to his output. At the end of the day, he's more "mad genius" than "idiot."

Not so mad that he can't still command a 1,000-ish-capacity venue when he plays a hometown gig in Toronto, as he will do this Saturday.

Workman might be pathologically inclined to confuse his audience, but he's definitely cultivated a core fan base that thrives upon the element of surprise.

He's been contemplating this very subject lately, he says. Which is why, even as he tours the country in support of his unhinged glam-rock romp, Old Cheetah, he's thinking of maybe throwing the fans a bone.

"I'm gonna sit at the piano in January, very early in the mornings, and I'm going to sing quiet, little songs," says Workman, evoking Neil Young — specifically, Young's patience-testing Le Noise gig at Massey Hall in 2011 — as a model of unpredictability he's uncertain about following.

"It was terrible. I've not talked about a concert in recent memory more than that one because of his willingness to be an old man disappointing a roomful of people. Is that the strength of his artistry? Is that him being super 'in touch?' Is he out of touch? Is he playing games with us?

"In a way, I know what I do well and I write songs well, and I've maybe been avoiding it a bit in favour of doing wild, textural record-making. I think it's almost like I have to fulfil a contract with myself and the people who are sticking with me through this 15-record journey and go: 'Look, look, I know I owe us all a simple record with some simple songs and some clever lyrics.'"

If Workman's "wild" side is more your bag than his more introspective and singer/songwriterly one, not to worry. A second album with the alt-Can-Con "supergroup" Mounties will commence by the end of the month, and he's already needling his Christian Barry, his co-creator in the rock opera The God That Comes, to do another theatrical piece. He's also readying an illustrated (not by him) children's book based on one of the songs from his 2001 Christmas album, Almost a Full Moon, for next year's holiday season.

"The Canadian music business is chugging along on its own set of train tracks and we don't really cross all that much anymore," he says.

"They're busy chasing the things that they chase and they play a different game than what I play. And it's sort of a relief."

"Warm socks, warm hearts"

As anyone who's ever experienced a Canadian winter can attest, having cold feet really, really sucks in a way that only having cold feet can suck.

With that in mind, Hawksley Workman is asking fans to bring donations of warm socks — preferably pairs, of course — to dates on his current Winter Bird tour.

As HawksleyWorkman.com notes, "socks are typically one of the most needed items on shelters' lists."

"We know it's not saving the planet, but it seemed like a human gesture that was kind and connected," Workman says.

Bless his cotton socks.

TORSTAR NEWS SERVICE

Singer/songwriter Hawksley Workman is indulging his "glam" side again on his new album Old Cheetah. SIX SHOOTER RECORDS

Time to wind down the sentimentality

CASSETTE TAPES

Why a format that *should* be long-dead is still keeping it reel

Alan Cross
For Metro Canada

We need to have a conversation about the cassette. While it served us well — in the '80s, propelled by the boombox, the Walkman and car audio, the cassette was briefly the best-selling format for pre-recorded music — its time is over.

Eclipsed by CDs, CD burners and then digital music files, there's no reason why cassettes should still exist.

Yet there's a vocal group of music fans clamouring for a vinyl-like resurrection.

September had Cassette Store Day. There are dozens of cassette-only labels. Bloggers romanticize (fetishize?) the old-school cassette mixtape.

Clearly these people weren't around during the original days of the cassette: Mixtapes had to be recorded in real time; the tapes jammed; pre-recorded albums sounded awful and they the melted on the dashboard or ended up under the seats of the car.

So why are cassettes still here?

1 Luddite hipsters: The inconvenience of cassettes trumps that of enjoying music on vinyl, demonstrating an even greater love for music. Or so they'd have us believe.

2 Curiosity: Blink-182 just announced that four of their biggest albums will be re-released on cassette. These are just tchotchkes; wannabe collector's items.

3 Emerging markets: Cassettes do have their rugged side. They stand up well to the heat and dust of places like Africa and India. Just don't let them sit in direct sunlight.

4 Japan: Yes, it's the land of the electronic gadget, but walk into any small store and you'll find packages of cassettes for sale.

Huge swaths of Japanese culture are very conservative and continue to hang on to the old ways. Hey, fax machines are still a thing over there.

5 Prison Releases: Enough people are incarcerated in the U.S. — more than 2.2 million as of 2013 — for convicts be a viable standalone music market.

CDs are forbidden in jails because they can be turned into shanks. MP3 players are allowed but without Internet access, they're useless. Vinyl? Hardly.

The only remaining option is the lowly cassette.

But you can't just use any type of cassette tape in prison. Companies like Fortress Audio and Duplication.ca offer blank cassettes made with clear shells (to prevent smuggling) and without any screws (they can be weaponized) specifically for prison use.

There are also services like Music 4 Inmates that specialize in providing music for the incarcerated — on cassette, of course.

While most of us have moved on, the cassette will still be here for a while to come.

12 locations in Ottawa!
Here's a little something to say
THANKS OTTAWA
— GET A — SECOND SMOOTHIE for 99¢
Customer Appreciation Day
TODAY
Booster Juice
Plus! We are giving away $1000 flight vouchers across Canada!
Enter on November 13th in-store & you could be one of the lucky winners!

ISLAND Routes
CARIBBEAN ADVENTURES
Take a LEAP of Fun
ISLANDROUTES.COM
Get UP TO 30% OFF*
PROMO CODE: METRO
Valid on new bookings made between 10/8/15 and 4/30/16 for travel between 10/8/15 and 12/8/16. Certain restrictions apply. Excursions are based on availability. Changes and cancellations are at the discretion of Island Routes Caribbean Adventures. Tours have no cash value, are non-transferable, and non-refundable for any unused portions. All offers are subject to change and can be withdrawn at any time without notice.
VOTED CARIBBEAN'S #1 Tour Company
ISLANDROUTES.COM
Toll free #
1-877-768-8370
JAMAICA | ANTIGUA | SAINT LUCIA | BAHAMAS | TURKS & CAICOS | BARBADOS | GRAND CAYMAN | GRENADA | DOMINICAN REPUBLIC | ST. MAARTEN | ARUBA
2195/1015

metro TRAVEL
Your essential daily news

Seoul district to erect 'Gangnam Style' statue

Deep into Guatemala's emerald forest

TIKAL

Hike reveals ancient sites and curious creatures

Aurélie Resch
For Metro Canada

It all starts with a warning sign at the entrance. Located near a pond, it warns of the presence of crocodiles and tells visitors to keep away from the water. You are also advised that snakes, insects and animals hide in the forest and that it is preferable to stay on the path.

My Guatemalan guide picks a spider out of a hole on the ground, gently placing it in my hand. "She is not hungry. You're OK," he tells me as I look at the fat, fuzzy tarantula sitting in my palm. I totally forget about the "OK" part as soon as the tarantula starts to walk her way along my arm.

I squirm and throw the poor thing onto a fellow journalist's shoulder. She starts to scream. Strange encounters abound in the archeological site of Tikal, Guatemala, enough to fill anyone's lust for adventure.

Visiting Tikal is like entering a lost world enveloped by a lush emerald forest. The trees and bushes create a gigantic web of green, with intertwining leaves, roots and branches. It is estimated the Guatemalan jungle hides 4,000 Mayan structures, all dating back to the eighth century.

The ruins of a temple in the jungles of Tikal. Above: The Lost World complex. PHOTOS BY AURÉLIE RESCH/FOR METRO

The humidity (it's 35 C) makes the uphill hike a bit of a challenge. Walking toward the pre-Columbian pyramids the quiet solitude is broken by some sudden loud shrieks.

The howler monkeys sitting at the top of the trees, and swinging from one branch to another, are just greeting us as we enter the site. (We actually feel lucky since they aren't throwing their excrement at us, something they have been known to do). A bit further down we run into a dozen coatis — Central American raccoons — playing near the path.

STAR WARS
George Lucas used Tikal as one of the settings for the rebel base Yavin 4 in 1977's Star Wars: Episode IV A New Hope.

In Tikal, I marvel at the acoustics of the Plaza of the Seven Temples, clapping my hands and listening to it echo off the walls of the structures. I am in awe at the two main sets of pyramids: the Lost World and the Great Plaza.

The former is the most ancient group of pyramids on the site and features 30 temples and pyramids built along astronomical alignments to solstices, equinoxes and certain important stars.

After climbing up one of the pyramids — some of them are 60 metres high — I take some time to enjoy the stunning view. The tops of temples emerge from the emerald jungle, birds fly out of the ceiba trees, and other visitors to the site look like ants scurrying around the base of the pyramid far below.

It's easy to feel like you have been transported back to the days of the Mayans.

GETTING THERE

The National Park of Tikal is located in northern Guatemala in the Peten province. There are two airlines flying to Isla de Flores. At its Mundo Maya airport, you can contact a tour operator that can offer you transportation with a guide.

FREE PARKING
ottawa pet expo!
This Weekend!
EY CENTRE, 4899 Uplands Dr.
Show Hours: Sat. 9-6 | Sun. 10-5
NUTRITION FIRST®
FREE PARKING
Sunday, November 15, 10am - 2pm*
*free parking is for attendees only, while parking spaces are available

3 AIRBNB PROPERTIES WHERE THE FORCE RUNS STRONG

From an off-grid earthship carved into the desert of New Mexico to earth domes in California reminiscent of the planet Tatooine, Airbnb has collected Star Wars-inspired properties across its network that are located in a galaxy that's actually not so far away. **AFP**

1 Joshua Tree, California

Perhaps the most similar in likeness to Luke Skywalker's home planet Tatooine and the Lars homestead, the terracotta-coloured **Sleep Pod Earth Domes** are set in the California desert and can sleep families of up to four. Dome walls are built using Earthbag technology that keep buildings cool in the summer and warm in winter.

2 Taos, New Mexico

For Star Wars fans who are also lovers of the earth, the **Brand New Studio Earthship** is a secluded, self-powered retreat in the New Mexico desert. The property is completely off-grid, catching its own rainwater and generating its own electricity thanks to solar panels. Moreover, thanks to being carved out of the New Mexico desert, the property also recalls Skywalker's home planet.

3 Khao Yai, Thailand

An aerial view of the **Modern Green Circular Dome** suggests a more illustrious past for the resort, as though it crash-landed in the middle of a Thai jungle forest and stayed. Like spokes on a wheel, individual, spherical pods jut out from a circular walkway and are covered with jungle overgrowth. Pods are clean and bright, furnished with beds, full bathrooms, TVs, communal dining room and pool.

TOP: HANDOUT; BOTTOM: AIRBNB, INC.

YOU COULD
WIN
a double pass to an Advance Screening of
THE HUNGER GAMES MOCKINGJAY PART 2
on November 18

visit clubmetro.com to enter

entertainment One

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, Ottawa and Toronto, ON, and Halifax, NS, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of a double pass to a screening of THE HUNGER GAMES: MOCKINGJAY, PART 2 on Nov. 18, 2015. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Nov. 9, 2015 and closes at 11:59 pm ET on Nov. 13, 2015. To enter and for complete contest rules visit www.clubmetro.com.

TRAVEL NOTES FREE HOTSPOTS, DIVE BUDDIES, BRITISH LUXE

Free to roam
When your phone company's travel packs are not great value, roaming is out of the question and you can't find a Starbucks, there's the Wiffinity app. It tells you where all the nearest free hotspots are in your vicinity. Plus, it can give you details on what's going on around you regarding museums, restaurants, parties, etc. Visit Wiffinity.com.

Wiffinity is free for iOS and Android. CONTRIBUTED

SCUBA essential
With all the diving gear out there, the top must-have is a Divers Alert Network membership. This safety group provides dive-accident insurance, medical information resources and educational programs for newbies and veterans. The safety net includes emergency assistance in the form of ambulances and hyperbaric chamber treatment. Visit DiversAlertNetwork.org.

Dive with a DAN membership. CONTRIBUTED

Road to Downton
With The British Royale, a one-time-only, 10-day itinerary slated for next August, Insight Vacations is offering a glimpse into British high society. Forty guests will hit haute restaurants and private clubs around London and Edinburgh, hop on the Royal Yacht Britannia and tour the real Downton Abbey — upstairs and down. Act fast. Visit InsightVacations.com.

DOUG WALLACE

Highclere Castle in Hampshire. CONTRIBUTED

Where art, fashion collide in Miami

DESIGN DISTRICT

Eclectic murals and sculptures mingle with luxury shops

It was once was a pineapple farm. Then a rough, industrial neighbourhood overlooking a furniture district. Today, the Miami Design District is emerging as an upscale shopping and art mecca.

The neighbourhood is located just a few miles from downtown and South Beach. Its attractions include contemporary art installations, a parking garage that's an architectural head-turner, and storefront luxury shops from Hermes to Tom Ford, with a concentration of jewelry and timepiece brands.

"We're able to provide them with spaces that allow the brands to present the full range of their creative expression, from the architecture and design of their stores to the scope of their merchandise offering," said Craig Robins, a native Miami developer and CEO of the real estate company Dacra who is also credited with helping with the transformation of South Beach.

The Design District also becomes a major hub during Art Basel Miami in early December, when art takes over the city.

By the end of 2016, the 18-square-block neighbourhood will include more than 200 retailers from Christian Dior and Rag & Bone to Van Cleef & Arpels, art galleries, design showrooms and restaurants, as well as a boutique hotel and luxury residential condos and lofts.

Art installations

The late Buckminster Fuller designed the Fly's Eye Dome in 1965, calling it an "autonomous dwelling machine." The Neo-Futuristic architect's vision of a 24-foot fibreglass circular dome that could serve as a home has been brought to life at 140 NE 39th St. Overlooking the dome is a larger-than-life polyurethane foam-and-resin sculpture of the late architect Le Corbusier by the French artist Xavier Veihan.

Nearby are two murals created by the collaborative studio 2x4 including "Jungle," an homage to the urban landscape of South Florida, with bright colours, plants and animals painted on the wall; and "Vortex," which creates an optical illusion with its black and white circular strokes.

FINDING IT
The Design District is located between two neighbourhoods, Wynwood/Buena Vista and Midtown heading toward the downtown Brickell area.

A sculpture of the late architect Le Corbusier by the French artist Xavier Veilhan appears across from the Fly's Eye Dome in the Miami Design District. WILFREDO LEE/THE ASSOCIATED PRESS

On a second-floor terrace is "Netscape," a 24-seat web of hanging chairs by German designer Konstanin Grcic.

A mixed-use retail building inspired by waterfalls and rain squalls by Japanese architect Sou Fujimoto will be completed by 2016. The two-story building will feature glass fins extending from the rooftop down to the open courtyard.

A couple of blocks away is Miami's Institute of Contemporary Art at 4040 NE Second Ave.

Garages as art

Next to busy Interstate 95 is the City View Garage (enter on NE 38th Street between NE First Avenue and North Miami Avenue), its wavy gold- and titanium-coated steel panels shimmering against the Miami sun. On the north and south sides are murals by artist John Baldessari including a cinematic image of swimmers, beach ball and all.

Another garage (not yet completed) will be a seven-storey mixed-use building with six different facades: a wall of recycled car tops; another of reflective traffic barriers repurposed as dynamic screens interspersed with flower boxes; a theatrical composition of graphic cartoon characters mixed with ornate baroque details; a corner panel of interlocking volumes that evoke puzzle pieces; a series of cut-outs dubbed "the ant farm" which exposes what is going on inside; and a painted mural of a candle being burned at both ends. THE ASSOCIATED PRESS

2015 Luxury
Clearout
Choose from our great selection of luxury hotels at amazing prices.
EXCLUSIVE
Claim your $100* Child Vacation Credit. Call for details!
*Terms and conditions apply. Minimum spend required.

PUNTA CANA, D.R.
Riu Merengue ****plus
Jan 05 & 12, 2015
7 Nights
All Inclusive
$615
+ $406 taxes (SWG)

VARADERO, CUBA
Royalton Hicacos Resort & Spa *****
Nov 29, 2015
7 Nights
All Inclusive
$915
+ $380 taxes (SWG)

RIVIERA MAYA, MEXICO
Riu Playacar *****
Jan 09 & 16, 2016
7 Nights
All Inclusive
$1145
+ $367 taxes (SWG)

SellOff vacations.com
(613)563-0231
251 Laurier Avenue West

Child Vacation Credit: $100 applies to new bookings only made by November 18, 2016 for travel up to April 30, 2016 with a minimum purchase of $795 per adult. $100 credit is provided to the first child booked on file with 1 or more adult(s). For complete terms & conditions please call. All prices are per person based on double occupancy for 3, 4, 7 or 8 nights on all inclusive vacations, European plan vacations or cruise vacation (unless otherwise specified) and were available at the time of printing. Packages and at the above prices are limited and subject to change without prior notice. Luxury vacation clearout : Applicable on new bookings only for travel by December 31st, 2015 (inclusive). For full terms and conditions visit SellOffVacations.com or call 1-877-SellOff (735-5633). Transportation taxes & related fees shown must be pre-paid. Applicable local taxes payable in destination are extra. While all reasonable efforts are taken to ensure the accuracy of the information in the ad, SellOffVacations.com accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations Inc., 27 Fasken Drive, Toronto, Ontario Canada M9W 1K6. TICO Reg. # 4276176 British Columbia license #39606 Quebec Permit # 702928

Craving cheese? Try going Dutch

BOOKING.COM

Guide offers alternatives to typical foodie destinations

A new guide for food lovers has revealed travellers' favourite destinations for beer, cheese, dim sum and chocolate, with a few unexpected results.

Using the 65 million guest reviews shared on their Destination Finder portal, online reservation site Booking.com compiled a Foodie's Guide to the Globe, determined by the strength of traveller endorsements.

And while the list includes predictable destinations such as Tokyo for sushi and Brussels for waffles, it also includes a few ideas that may inspire food lovers to try something new.

Here are a few standouts from the list of 15 foodie hotspots:

GOUDA, NETHERLANDS

Cheese

Evoke all things cheese and the knee-jerk reaction may be to think of France. But in fact, travellers highly recommend the city of Gouda, located in the southern Netherlands, where the cheese has been sold and traded for hundreds of years.

INCHEON, SOUTH KOREA

Chinese street food — outside China

As a major trading port with China, the city of Incheon, located outside Seoul and home to the South Korean international airport, is also home to the country's only official Chinatown.

NUWARA ELIYA, SRI LANKA

High tea

It's not just for the Brits. In Nuwara Eliya, an area referred to as "Little England" for its tea plantations, visitors can sip on Ceylon tea and munch on cakes and sandwiches while soaking in the stunning misty mountainscape.

LODI, U.S.

Wine

While Napa Valley may monopolize the title of wine country in the U.S., there's another wine destination in Northern California that's gaining attention in the wine world, Lodi. Just this week, Wine Enthusiast magazine named it the wine region of the year.

GRIMSBY, ENGLAND

Fish and chips

For the best, most authentic fish and chips, travellers recommend the seaside town of Grimsby on the northeast coast of England.

TEXT: AFP; ALL PHOTOS: GETTY IMAGES

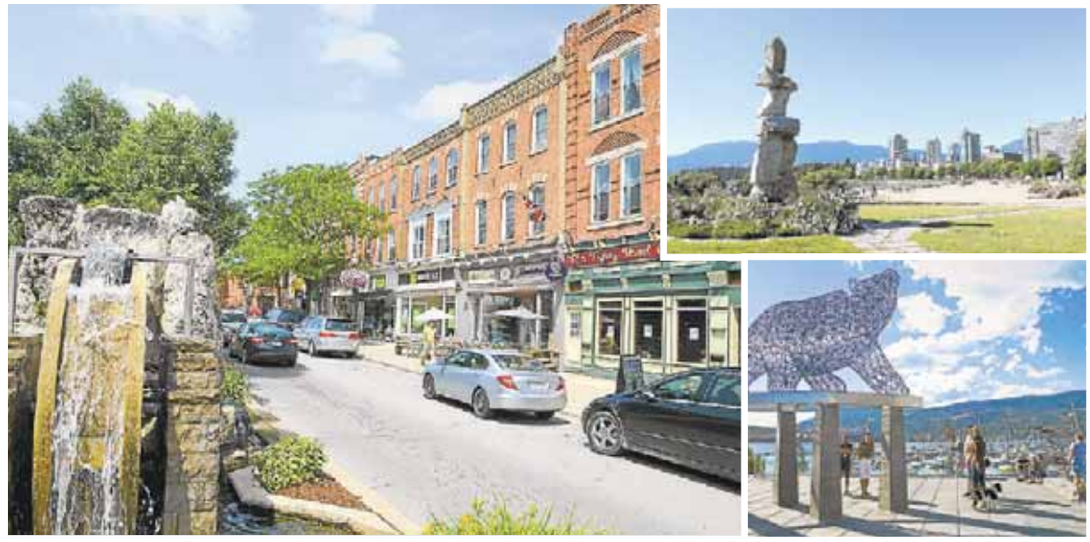
Offer ends November 16th!
ONLINE SALE
$100 OFF* Instant Savings!
sunwing Signature vacations
Exclusive BONUS OFFER
Receive a specialty dinner for two and a Spa Treatment for one!*
RoyalCaribbean INTERNATIONAL
LAST MINUTE — Vacations —
UP TO 70% OFF
Groups PLUS Weddings 2016
BOOK BY DEC 15, 2015 AND
SAVE UP TO $320 PER COUPLE!
PLUS MORE!
sunwing
itravel2000.com
1.866.WOW.DEAL
CANADA'S TRAVEL EXPERTS 20 YEARS
Your Trusted Source for Travel
Flight Hotel Vacations Cruise
Customers rate itravel2000 94%
Powered by feefo
*Some conditions apply. Visit itravel2000.com or call 1.866.969.3325 for details. 8635919 Canada Inc. (dba as itravel2000) is a TICO licensed company. tico.ca #50021097. 1004 Middlegate Road, Suite 3000, Mississauga, ON, L4Y 1M4.

Finding what's Great about Canada

ON THE MOVE

Orangeville, Ont., B.C. cities top planners' annual awards

Loren Christie
For Metro Canada



Clockwise from left, Broadway in Orangeville, Ont. (Great Street), Vancouver's West End, featuring the Inukshuk in English Bay (Great Neighbourhood), and Stuart Park in Kelowna, B.C. (Great Public Space). CONTRIBUTED

For the last five years, the Canadian Institute of Planners has hosted an annual contest called Great Places in Canada. The goal is to engage Canadians in sharing the places they love while highlighting the important work that is being done in building and rehabilitating our cities, towns and parks.

From great metropolises to tiny towns the 29 nominees provide a catalogue of travel destinations that are local treasures. The winners in the categories of Great Street, Great Neighbourhood and Great Public Space were revealed this past week.

Broadway in Orangeville, Ont., won the title of Great Street. "To be great, a street must be a destination in its own right. Broadway fits the bill as an inviting place at the heart of Orangeville," says Ben Petch, contest juror.

Other highlights are the institutional uses that anchor the street and give it purpose and a variety of restaurants, landscaping and patios, which enable people to enjoy the space. The historical buildings add character, and regular festivals and events ensure people experience the street.

Great Neighbourhood went to Vancouver's West End. The West End is easy, safe and inviting; residents walk and bike to work and can easily explore Vancouver's beaches, trails and the incredible Stanley Park.

"Transit access, traffic calming, street furniture, treed promenades, pocket parks and public spaces reflect a thoughtful approach to placemaking," says juror Jaspal Marwah. "Home to the city's LGBTQ community, the West End's density is evenly matched by its diversity of residents, and by a strong commitment to creating an inclusive community that prioritizes affordable housing."

Stuart Park in Kelowna, B.C., was awarded Great Public Space. According to juror Kevin King, "Stuart Park bridges the re-emergence of Kelowna's downtown within the incredible natural setting of the Okanagan Valley. Energized by a civic plaza, the park comes alive at all seasons. Summer performances on the plaza are memorable, while free winter-time ice-skating under the clear Okanagan skies invites people in the winter months."

Recent enhancements to Stuart Park have made it a year-round destination. Its unique reflection of local character and natural environment and accessibility for multi-generational activities make it a great destination for travellers to the area.

Runners-up for Great Street, Great Neighbourhood and Great Public Space were Main Street in Wolfville, N.S., Quartier Petit Champlain in Quebec City, Que., and Lethbridge River Valley in Lethbridge, Alta.

SPONSORED CONTENT

Back in the saddle thanks to War Amps

Being born a right arm amputee hasn't stopped 11-year-old Olivia of Merrickville from living a full and active life.

Olivia has a passion for horseback riding. Thanks to support from The War Amps Child Amputee (CHAMP) Program, she received a device that allows her to hold on to the reins.

Olivia's mom, Stachia, says the new device has made a difference for her daughter. "It allows her to have better control of the horse and helps in keeping her balance. CHAMP makes it possible for Olivia to do whatever she sets her mind to."

The War Amps encourages Champs to develop a positive attitude towards their amputation and live to their full potential.

With the public's support of the Key Tag and Address Label Service, young amputees like Olivia obtain the tools they need to enjoy their favourite activities.

CONTRIBUTED

The War Amps
A Legacy of "Amputees Helping Amputees"
Since 1918, The War Amps has met the needs of war amputees. Today, the Association continues to serve them, and all amputees, including children.
We would welcome a gift or charitable bequest in your will. With your help, The War Amps will continue to meet its commitments to amputees long into the future.
For information about leaving a gift in your will, contact:
1 800 363-4067 • plannedgiving@waramps.ca • waramps.ca
Please visit our website for our Annual Report and Essential Financial Information.
The War Amps is funded by donations to the Key Tag Service and does not receive government grants.
Charitable Registration No.: 13196 9628 RR0001

STAR METRO Content Solutions

Fine-tune your holiday decor

Andrea Janus

The holidays are almost upon us, and it's about that time to drag the decorations out of the attic and start making the house look a little more festive.

But to avoid going full-on Clark Griswold with lights that will strain the local power station and more kitschy bric-a-brac than a dollar store, consider these tips from interior designer William MacDonald of WillMac Design.

First things first. "Don't go overboard," he says. "If you think you have too much, you do."

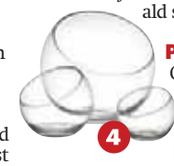
Many people make the mistake of overloading one room: piling up the sideboard, mantelpiece and end tables with decorations.

"Spread the love around the house," MacDonald advises.

Even if you're decorating from the same box of ornaments you've had for decades, spread those tchotchkes around the house, including the powder room or the front hall.

The best way to avoid going overboard, though, is to pick a theme, which could be a motif (snowflakes or reindeer) or a colour, then build your decor around that.

Look for inspiration anywhere, even months before Christmas on your summer holiday.



MacDonald found a starfish on the East Coast one year, and the following Christmas the star was his holiday motif. Once you decide on a theme, it isn't necessary to spend a lot of money, MacDonald says. A local park or wooded area, and even the grocery store, are great places to start.

Filling large decorative bowls, or even large serving bowls or soup terrines, with seasonal fruits (pomegranates or clementines, for example), nuts, or pine cones and branches that you've sprayed with silver or gold paint is an easy way to get a cozy seasonal look without breaking the bank.

"I'm a strong believer in going to your fridge first," MacDonald says.

Otherwise, invest in a good-quality artificial garland to keep in your holiday kit that you can use year after year. Drape it over the mantel, along a staircase or down the middle of your holiday table.

Every year you can accessorize it differently based on your chosen theme, MacDonald says.

Party Prep

Once the house is decorated and you're ready to entertain, MacDonald advises bringing in some key items that you will likely reuse throughout the year.

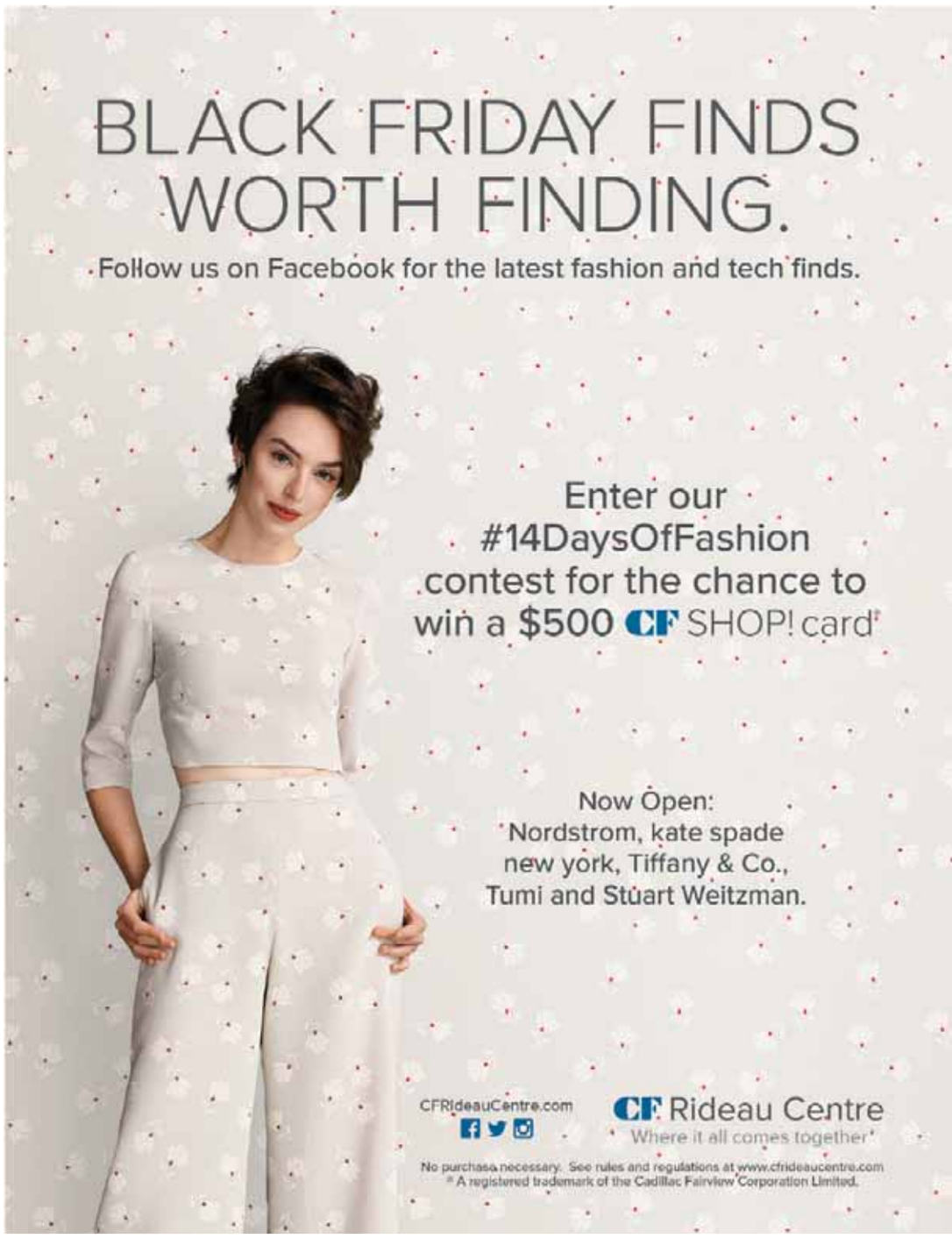
A bar cart will always come in handy during the holidays for smaller parties, and makes for easy entertaining year-round.

But for a larger guest list, use a sideboard or rent a large table and set out all the fixings, MacDonald recommends.

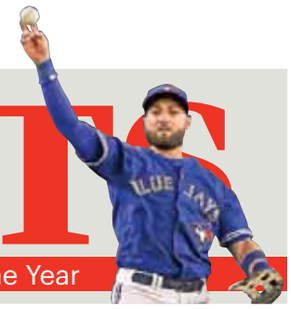
And always be prepared for surprise visitors by having a low-sided basket full of nuts, candies and cocktail napkins underneath or inside the coffee table.

When friends pop by unexpectedly for a holiday libation, "You just bring that up and put it in on the coffee table and say, 'let me get you a glass of wine,'" MacDonald says.

1 Gold berry wreath, $29, Walmart, walmart.ca.
2 Wood reindeer vase, tall, $39.95, Chapters and Indigo stores, chapters.indigo.ca.
3 Gold and ivory animal silhouette pillow, $39.50, Chapters and Indigo stores, chapters.indigo.ca.
4 Tilt bowls, sml: $14.96, med: $16.95 and lrg: $69.95, Crate and Barrel, crateandbarrel.com.
5 Washed jewel tone votive cup, $19 each, Pottery Barn, potterybarn.com.


BLACK FRIDAY FINDS WORTH FINDING.
Follow us on Facebook for the latest fashion and tech finds.
Enter our #14DaysOfFashion contest for the chance to win a $500 CF SHOP! card*
Now Open:
Nordstrom, kate spade new york, Tiffany & Co., Tumi and Stuart Weitzman.
CFRideauCentre.com
CF Rideau Centre
Where it all comes together
No purchase necessary. See rules and regulations at www.cfrideaucentre.com
* A registered trademark of the Cadillac Fairview Corporation Limited.

metro SPORTS



Blue Jays' Kevin Pillar, who finished second for the Gold Glove, was named the Wilson Defensive Player of the Year

CFL AWARDS

Redblacks tandem in line for honours

There was a double nod to the Ottawa Redblacks as coach Rick Campbell and quarterback Henry Burris were named shortlisted for the CFL's end-of-year awards.

Campbell and Chris Jones of the Edmonton Eskimos are the finalists for the CFL's coach of the year award. Jones led the Eskimos to a 14-4 record — tied with Calgary for the best in the CFL — to finish atop the West Division after beating the Stampeders in two of three regular-season meetings. Ottawa (12-6) finished first in the East in its second year under Campbell after posting just two victories in its inaugural CFL campaign.

This year's top coach format is a change for the league.

Traditionally three finalists were named and the winner was honoured well after the Grey Cup game. Now the top coach will be unveiled with the other awards during Grey Cup week. The CFL has also secured a partnership with AGF, a Canadian-based investment management firm, to sponsor the coach-of-the-year award.

Burris and Bo Levi Mitchell of the Calgary Stampeders are the finalists for the CFL's outstanding player award.

Burris was instrumental in leading Ottawa to a first-place finish in the East, registering a CFL-record 481 completions and league-high 5,693 passing yards. Levi Mitchell, the MVP of last year's Grey Cup game, was second overall in passing (4,551) as Calgary (14-4) finished second in the West Division standings.

Rick Campbell has been nominated for CFL coach of the year. GETTY IMAGES

The other nominees include: linebackers Adam Bighill of the B.C. Lions and Simoni Lawrence of the Hamilton Tiger-Cats (defensive player); Winnipeg Blue Bombers defensive lineman Jamaal Westerman and Ottawa Redblacks receiver Brad Sinopoli (Canadian); B.C.'s Jovan Olafioye and Ottawa's SirVincent Rogers (lineman); Calgary Stampeders kicker Rene Paredes and Hamilton kick-returner Brandon Banks (special-teams); and receivers Derel Walker of the Edmonton Eskimos and Vidal Hazelton of the Toronto Argonauts (rookie).

THE CANADIAN PRESS

481

Ottawa QB Henry Burris' record number of completions

Letourneau hopes trouble is brewing

UFC

Quebecer eyes big chance amid Rousey-mania Down Under

After carving open Jessica Penne's face in June, UFC strawweight champion Joanna Jedrzejczyk climbed the Octagon fence, looked at the camera and asked "Who's next?"

Canadian Valerie (Trouble) Letourneau answered the call.

On Saturday, the 115-pounder from Montreal enters the cage a 20-1 underdog against the hard-hitting Polish title-holder in the co-main event of UFC 193 in Melbourne, Australia.

(Rowdy) Ronda Rousey defends her bantamweight (135-pound) crown against former champion boxer Holly Holm in the Etihad Stadium main event. The pay-per-view show could set an attendance record for the UFC, surpassing the 55,724 who took in UFC 129 in April 2011 at Toronto's Rogers Centre.

Rousey (12-0) is also a 20-1 favourite to dispatch Holm (9-0), who is ranked seventh among bantamweight contenders. It's the sixth title defence for Rousey, a former Olympic judo bronze medallist who has become the face of the UFC.

Letourneau (8-3) is unfazed by her heavy underdog status.

"Most of the people won't even know who I am and (also) haven't seen my fights," she said. "I always feel like the public doesn't see fights like the fighters look at it.

"I'm not so surprised but I feel like I have the respect of Joanna. She knows what I'm capable of."

While Letourneau may not be a household name, she has been fighting professionally since 2007 and was a trailblazer among Quebec female fighters. She is ranked eighth among strawweights after winning all three of her previous UFC bouts.

"Finally the hard work paid off," she said after getting the title bid.

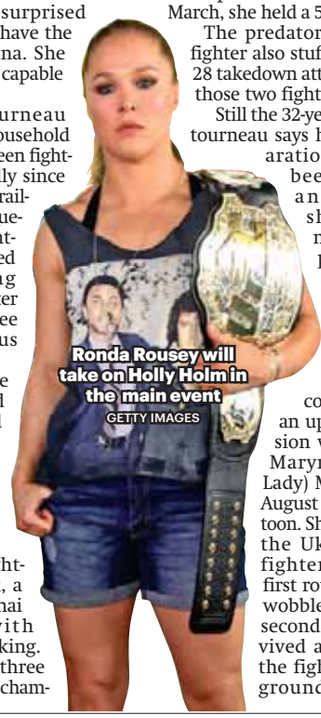
Some might say be careful what you wish for when it comes to fighting Jedrzejczyk, a former Muay Thai champion with world-class striking. After less than three rounds with the champion, a bloody Penne looked like someone had taken a box-cutter to her face.

Jedrzejczyk (10-0) registered 126 significant strikes to Penne's 25. When she dethroned inaugural champion Carla Esparza at UFC 185 in March, she held a 53-4 edge.

The predatory Polish fighter also stuffed 27 of 28 takedown attempts in those two fights.

Still the 32-year-old Letourneau says her preparations have been ideal and that she feels no more pressure than any other fight.

Letourneau is coming off an upset decision win over Maryna (Iron Lady) Moroz in August in Saskatoon. She floored the Ukrainian fighter in the first round, was wobbled in the second but survived and took the fight to the ground in the third in a gritty performance.



Ronda Rousey will take on Holly Holm in the main event GETTY IMAGES

The Canadian was unranked while the previously unbeaten Moroz was ranked eighth going into the fight. Injuries have interrupted Letourneau's career in the past.

After a December 2007 loss to fellow Canadian Alexis Davis, she fought just once in 40 months due to a broken hand, concussion and two shoulder surgeries.

Still Letourneau has won seven of her last eight — she was beaten by Claudia Gadelha in 2012 — after losing two of her first three pro fights (against Davis and fellow Canadian Sarah Kaufman).

Letourneau and daughter Gabrielle headed south two years ago to train at American Top Team in Florida. She had spent 10 years training at Montreal's Tristar Gym, eventually leaving because she was the only female pro fighter there and thought she needed new surroundings.

The Australian stadium show originally was to have featured welterweight champion (Ruthless) Robbie Lawler and Carlos (The Natural Born Killer) Condit. The UFC shifted Rousey-Holm to the main event when Lawler was injured. The Melbourne card actually takes place Sunday in Australia but will air live Saturday night in North America.

THE CANADIAN PRESS

MLB

Donaldson caps season with Silver Slugger award

Josh Donaldson's super season for the Toronto Blue Jays has landed him a Silver Slugger award, Major League Baseball has announced. One award was announced Thursday for the best offensive performer at each position in each of the two leagues.

Donaldson, who led the Jays with 41 home runs and the American League with 122 runs and 123 RBIs, won the AL's award for third base. METRO

WADA DOPING REPORT

Russia rules out Olympic boycott

With an Olympic boycott ruled out, Russia is planning to at least partially admit it has a doping problem.

Russian Sports Minister Vitaly Mutko told The Associated Press on Thursday that there will "not in any case" be a boycott of next year's Olympics in Rio de Janeiro.

A short time later in a separate interview, the acting president of the Russian track federation told the AP he is ready to own up to some of the charges levelled in the World Anti-Doping Agency commission's massive report on doping in the country.

"We admit some things, we argue with some things, some are already fixed, it's a variety," said Vadim Zelichenok, declining to provide further details. "It's not for the press."

The governing body of track and field is expected to rule Friday on whether to suspend Russia from competition because of the doping scandal. If Russia is banned, the country's track and field team could be excluded from next year's Olympics.

Monday's damning report by the WADA commission recommended that the Russian track federation be suspended, saying its athletes and officials were involved in "extensive" use of performance-enhancing drugs, obstructed doping tests and helped to cover up drug use. The report said Zelichenok "refused to co-operate" with investigators.

Even if Russia's track and field team is banned, Mutko told the AP that the country has no intention of boycotting the Olympics.

"Russia is against a boycott. Russia is against political interference in sport," Mutko said. "Understand that Russia is a dependable partner of the international Olympic movement." Mutko also appealed for Russia's track team to be allowed to compete, arguing that a blanket ban would unfairly punish clean athletes. THE CANADIAN PRESS

NHL SENATORS TAKE ON PACIFIC-LEADING CANUCKS Ottawa Senators left wing Milan Michalek, left, battles with Vancouver Canucks center Jared McCann in front of goalie Andrew Hammond during first period in Ottawa. For the result of this game go to metronews.ca. ADRIAN WYLD/THE CANADIAN PRESS

Extra drills suit Redblacks

CFL

East champs prepare for final against Cats or Argos

Pouring rain doesn't make for an ideal practice setting, but the Ottawa Redblacks had no complaints Thursday.

With a bye ahead of next weekend's East Final, the Redblacks are making the most of their extra practice time and say dealing with inclement weather is just part of the preparation process.

"This was a good day today because it was raining," said head coach Rick Campbell, the East nominee for the CFL coach of the year award.

"We were in pads and guys could have just gone through the motions, but there was a good energy and I think guys are looking forward to the game. It's still a ways away, but I was very impressed with the whole group."

The Redblacks will play the winner of Sunday's division semifinal between the Hamilton Tiger Cats and Toronto Argonauts.

"I feel the key for us right now is being mindful of what's going on around us and being more in our playbook and just studying and being prepared for any team that's coming," said receiver Ernest Jackson. "You just want to be ready when a play is called to be able to execute it without any issues."

Ottawa Redblacks' Chris Williams celebrates a touchdown against the Hamilton Tiger-Cats on Nov. 7. The Redblacks may be hosting the Cats in the East final. ADRIAN WYLD/THE CANADIAN PRESS

The Redblacks swept both of their games against Hamilton this season but lost all three meetings to the Argonauts.

Ottawa quarterback Henry Burris, the East nominee for the most outstanding player award, believes those losses to Toronto were key to the Redblacks' success.

3

The Ottawa Redblacks lost all three of their meetings with Toronto this season.

"I said those games would make us better in the end," he said. "I truly believe that. When you're a team that's fought so hard to get to the top and all of a sudden you're in a game that's for first place you don't know how to respond to that. You get lost in the emotions of the game.

"I think the (three) times we played Toronto we lost perspective on who we are as a team. You need to just be who you are … those (three) games taught us how to go out and respond in adverse situations."

The Redblacks had a few days off earlier in the week before returning to the field at TD Place, where they have kept practices fairly short. Players have enjoyed the week and been responsive to the workload.

"This is money time," said Campbell.

"This is where you want to take advantage of these situations and our guys have done a very good job of going to work every week and doing their thing. That's what we need to do is focus on the East Final and hopefully more good things will happen."

A number of players have been through this scenario before and say it's important to use the extra time to their advantage.

"Complacency is the biggest thing and I don't see that on this team," added Burris. "I've played with other teams where we were already talking about we're going to the Cup and I don't hear anybody talking about that on this team. We're just looking forward to playing again.

"Whoever our next opponent is we can't wait to see who that is, but we're making sure to use these practices to stay sharp, to stay focused and to come out with some ideas for next week and everybody's into it." THE CANADIAN PRESS

SOCCER

Canada to get another shot at Honduras

More than three years on, the stench still lingers.

The Canadian men's soccer team travelled to Honduras in October 2012 needing only a draw to make the final round of qualifying for the World Cup in Brazil, but instead suffered an embarrassing 8-1 beating that crushed their hopes of making the tournament for the first time since the country's only appearance in 1986.

"It's something that I know a lot of us have been thinking about," midfielder Atiba Hutchinson said this week. "It hurt us a lot."

Canada has an opportunity to avenge that defeat when it opens the penultimate CONCACAF qualifying round for the 2018 World Cup against Honduras on Friday.

Among the 12 countries left in the qualifying region that covers North and Central America and the Caribbean, Canada is ranked 102nd by FIFA and is in one of three four-team groups with No. 24 Mexico, No. 94 El Salvador and No. 95 Honduras. The two best in each round-robin pool advance to the final round. The top three get places at the World Cup, while the fourth must face an Asian country in a two-game playoff. THE CANADIAN PRESS

WORLD CUP OF HOCKEY

Canadians tasked with building up Team Europe

Winnipeg Jets coach Paul Maurice GETTY IMAGES

Some top Canadians will be tasked with trying to beat Canada at the World Cup of Hockey.

In addition to head coach Ralph Krueger, Team Europe has named Paul Maurice to its coaching staff and Sean Burke and Lorne Henning to its scouting staff for the 2016 tournament.

"I'd love to beat Canada because in this tournament they're going to be the favourite and we want to win the tournament," Burke said. "So that would be incredibly exciting to be able to beat Canada."

Along with Burke and Henning, the scouting staff includes American Ricky Olczyk, Slovak Peter Bondra and Czech Vaclav Nedomansky. That group, serving under German president Franz Reindl and Slovak general manager Miroslav Satan, is charged with putting together the tournament's most diverse team.

Krueger is from Winnipeg, where Maurice is currently coaching the Jets. Maurice is a Sault Ste. Marie, Ont., native who was an assistant coach for Canada at the 2014 world championships.

"We don't have any country that will be super strong on this team," Satan said. "We'll go by quality, not nationality. That will be our motto for this."

That's certainly the case for the management, scouting and coaching staffs. Krueger, with his wealth of experience coaching overseas, is the head guy behind the bench after helping out Mike Babcock at the Sochi Olympics.

Burke, who's not working in the NHL this season after previously serving as the Arizona Coyotes' goaltending coach, was part of Hockey Canada's gold-medal-winning management group at the world championships and is embracing this new challenge of going against his native country.

"My mother's European, she was born in Germany," Burke said with a laugh. "I don't look at this as anything other than a great opportunity to participate in a tournament that will be remembered for years and years. It's the best players, it's the best management groups, the best coaching groups." THE CANADIAN PRESS

WANT A CAR? SAVE TIME! SAVE MONEY!
BMW • TOYOTA • JEEP • MERCEDES BENZ • NISSAN • FORD • HYUNDAI • CHRYSLER • HONDA • SUBARU • AUDI • AND MORE!
WHO NEEDS THE AUTOMALL?
WHEN THERE IS A PLACE THAT HAS ALL THE BRANDS AND MODELS YOU WANT. DON'T GO DEALER TO DEALER, GO MEGA BIG!
ENGLISH SPEAKING SALESPEOPLE • WE PAY OFF YOUR TRADE O.A.C.
ONTARIO SAFETY/E-TEST/LICENSING AVAILABLE
OVER 500 CARS AT
MEGA 1261 BOUL. ST-JOSEPH, GATINEAU • 819 770-2277 MEGABIG.CA

RECIPE
Avocado Egg Salad Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of avocado is a creamy and nutritious twist on your usual egg salad.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Makes: 2 or 3 sandwiches, depending how big you like your sandwiches.

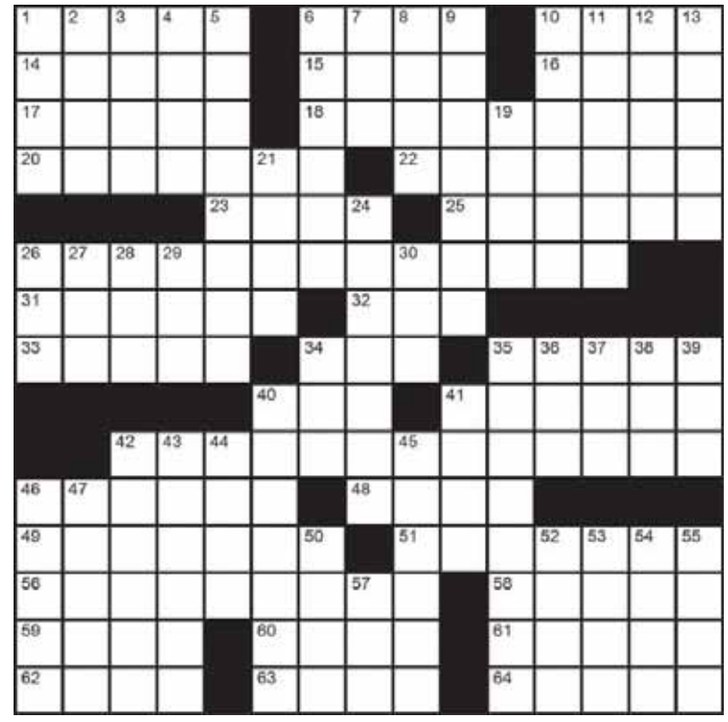
Ingredients
- 3 hard boiled eggs
- 2 avocados, pitted
- 1 Tbsp Greek yogurt
- 1 tsp lemon juice
- 2 Tbsp chives, chopped fine
- 1/4 tsp Dijon mustard
- Salt and pepper to taste
- 4 to 6 slices whole grain bread

Directions
1. Egg boiling trick: place eggs in cold water and put pot over medium high heat. Bring the water to a boil, place a lid on pot, take off the heat and set your timer to 12 minutes.
2. Rinse the eggs under cold water to cool them down enough to peel. Remove the shells. Roughly chop the boiled eggs.
3. In a large bowl, mash your ripe avocados, breaking them down into chunks. Add the chopped eggs, lemon juice, chives, Dijon and give it all a good mix. Salt and pepper to taste.
4. Spread your mixture on sandwich bread and add anything else you like — tomatoes, lettuce, sliced cucumber.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD
Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Flavouring in Greek aperitif Ouzo
6. Shake off
10. Flippant
14. Jesters
15. Auth. unknown
16. Cheese variety
17. House's loft area
18. Where there is a tradition in Ontario of having a motorcycle rally: 2 wds. (More at #42-Across!)
20. Adjust again
22. Ancient three-levels-of-oars Mediterranean ship
23. Winnie-the-Who?
25. Admission
26. Finely-fitted or furnished
31. Bypasses
32. Word: French
33. "Beau _" (1939) starring Gary Cooper
34. Big load, variantly
35. Ada's love in "Cold Mountain" (2003)
40. Grass appendage
41. Paradise
42. #18-Across' biker event takes place each _ _ _ (Superstition!)
46. Nike logo
48. Shakespeare... The Tragedy of Othello, the _ of Venice
49. Collaborator
51. Not deep
56. Big bird of the sea
58. Greyish-brown
59. "SCTV" bit
60. Duellist's need
61. Acclamation
62. Built
63. Meadow's morning moisturizers
64. Some computers

DOWN
1. Way off in the distance, posh-style
2. Memo
3. 9th Greek alphabet letter
4. Dropped in standings
5. Fun adventure
6. Electronics store purchase
7. Religious song: "Lead _, _ King Eternal"
8. Variety
9. Signed-up competitor
10. Sensation felt skyrocketing in space
11. Made the riverbanks resistant to rising waters
12. Articles
13. Unmasks
19. Word meanings reference book, briefly
21. Bursts the balloons
24. Same-sounding word as another word, but with a different meaning (Two vs. Too)
26. Fido's flick of the tail
27. Nightfall
28. _ Angeles
29. Candle with a flame status
30. 'Opt' suffix
34. Former plane letters
35. Emphasized an important point
36. Place atop the Billboard chart, _. _
37. Music file format
38. Small island
39. Thumbs-down utterance
40. Stuck to the rules
41. "Here comes trouble!"
42. Prohibit
43. Go around
44. "_ It Romantic" by Ella Fitzgerald
45. Shuffles the garden salad
46. Muscle cramp
47. _-_-thon (Fund-raising event)
50. Anchor's attachment
52. Needlework creation
53. Period of calmness
54. Iridescent gem
55. Soaks
57. Hem pants, for instance

IT'S ALL IN THE STARS
by Sally Brompton

Aries March 21 - April 20
You are hugely ambitious and you don't mind when the pressure is on — in fact you thrive on it. What happens next will give you the opportunity to prove yourself. Be amazing.

Taurus April 21 - May 21
No matter how many times you've failed in the past you'll make up for it simply because you believe in yourself and refuse to give up. Your staying power is legendary and guarantees success.

Gemini May 22 - June 21
You have been too cautious of late but as from today you will go to the other extreme and take risks left, right and centre. Whether or not you are right to do so remains to be seen.

Cancer June 22 - July 23
You have been generous lately, both with your time and money, but now you have to put your own needs first. The planets warn that you must not give to others what you need for yourself.

Leo July 24 - Aug. 23
If you have fallen behind in your workload you must make an effort to catch up or revise your schedule so that you are not under so much pressure. Are the deadlines necessary?

Virgo Aug. 24 - Sept. 23
If your efforts are yielding ever smaller results it is a sure sign you have pushed yourself too hard and need to slow down. Strike a balance between your work and your wellbeing.

Libra Sept. 24 - Oct. 23
Your self-belief may have taken a hammering but soon you will be back to your best. However, don't start believing that nothing can go wrong. Over-confidence could lead to disaster.

Scorpio Oct. 24 - Nov. 22
You are more sensitive than people imagine and what happens today will affect you deeply. Put on a brave face and make it appear as if you are in full control but open up to someone you trust as well.

Sagittarius Nov. 23 - Dec. 21
You may not have been your usual sunny self but today's link between Mercury, planet of the mind, and Jupiter, your ruler, will inspire you.

Capricorn Dec. 22 - Jan. 20
Spend less time thinking about what might go wrong and more time enjoying what's going right. Something will happen to make sure you realize just how lucky you are.

Aquarius Jan. 21 - Feb. 19
You have put up with a lot recently and although there were times you almost gave up you kept on battling. Soon you will get your reward.

Pisces Feb. 20 - March 20
You will come to the aid of someone in need today and it will do you both a lot of good. Selfless actions always come back to the person who makes them and some day someone will help you when you most need assistance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6			3		2			4
	9	8		6		5	1	
8								9
		5				7		
9								5
	3	1		9		4	5	
2			6		7			3

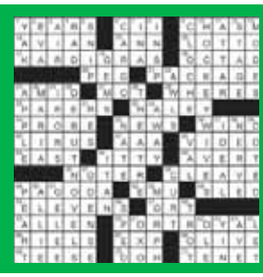
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

How's the news today?
Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a $25 gift card.
metronews.ca/panel metro

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



8	3	5	6	4	9	2	1	7
6	7	1	3	2	5	8	4	9
2	4	9	7	1	8	3	6	5
5	1	7	4	3	6	9	8	2
3	6	8	5	9	2	1	7	4
9	2	4	8	7	1	6	5	3
1	5	2	9	8	4	7	3	6
7	9	6	1	5	3	4	2	8
4	8	3	2	6	7	5	9	1

MY MINTO DREAM HOME IS

comfortable in every sense

DOWNING 1,268 sq. ft. | A comfortable, low-maintenance lifestyle that is all your own

Take the Minto Dream Home Tour!

HYDE 1,683 sq. ft.

TALBOT 1,813 sq. ft.

FITZROY 2,275 sq. ft.

KILLARNEY 2,406 sq. ft.

ARCADIA KANATA

KANATA

CEDAR 3,292 sq. ft.

WALNUT 2,981 sq. ft.

POPLAR 4,025 sq. ft.

AVENUE TOWNHOME - DOWNING 1,268 sq. ft.

MAHOGANY

MANOTICK

AVALON [encore]

ORLÉANS

KANATA
380 Huntmar Drive
MONDAY - THURSDAY: 12PM TO 8PM
FRIDAY: CLOSED
WEEKENDS & HOLIDAYS: 11AM TO 6PM

MANOTICK
108 Moretto Court
MONDAY: 12PM TO 7PM
TUESDAY - THURSDAY: 11AM TO 7PM
FRIDAY: CLOSED
WEEKENDS & HOLIDAYS: 11AM TO 5PM

ORLÉANS
2370 Tenth Line Road
MONDAY - THURSDAY: 12PM TO 8PM
FRIDAY: CLOSED
WEEKENDS & HOLIDAYS: 11AM TO 6PM

minto 60 years

mydreamhome.minto.com

E.&O.E. Prices and specifications are subject to change without notice. Restrictions apply.